



Cherry Royale

 **Gluten Free**  **Dairy Free**

READY IN



350 min.

SERVINGS



50

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz cherries in syrup dark sweet pitted undrained canned
- 1 pkg jell-o cherry flavor gelatin sugar free (8-serving size)
- 2 cups water boiling
- 50 servings water cold
- 1 cup cool whip lite whipped topping thawed

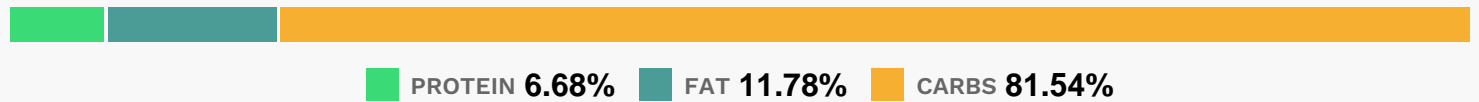
Equipment

- bowl
- whisk

Directions

- Drain cherries, reserving syrup.
- Add cold water to syrup to measure 1-1/2 cups.
- Cut cherries in half. Stir boiling water into gelatin in large bowl at least 2 minutes until completely dissolved. Stir in measured syrup and water. Reserve 2 cups gelatin at room temperature. Refrigerate remaining gelatin about 1 hour or until thickened (spoon drawn through leaves definite impression).
- Stir in cherries.
- Pour into 6-cup mold sprayed with cooking spray or 2-quart bowl. Refrigerate about 30 minutes or until set but not firm (should stick to finger when touched and should mound). Refrigerate reserved 2 cups gelatin 30 minutes.
- Stir whipped topping into 2 cups gelatin with wire whisk until smooth.
- Pour over gelatin layer in mold.
- Refrigerate 4 hours or until firm. Unmold if using mold. Store leftover gelatin mold in refrigerator.

Nutrition Facts



Properties

Glycemic Index:0.44, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:0.41217391014747%

Flavonoids

Cyanidin: 2.74mg, Cyanidin: 2.74mg, Cyanidin: 2.74mg, Cyanidin: 2.74mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 15.55kcal (0.78%), Fat: 0.21g (0.33%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 3.34g (1.11%), Net Carbohydrates: 3.15g (1.15%), Sugar: 2.98g (3.31%), Cholesterol: 0.03mg (0.01%), Sodium: 21.3mg (0.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.55%), Copper: 0.05mg (2.35%)