



Cinnamon Gelatin Salad

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

READY IN



185 min.

SERVINGS



4

CALORIES



163 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup apple sauce
- 3 ounce raspberry jell-o® mix flavored
- 2.3 ounce cinnamon candies red hot
- 1 cup water boiling

Equipment

- bowl

Directions

- In a small serving bowl, mix together the gelatin and boiling water until gelatin is completely dissolved. Stir in cinnamon candies until melted, then mix in the applesauce. Chill until set, about 3 hours.

Nutrition Facts

 **PROTEIN 4.09%**  **FAT 0.32%**  **CARBS 95.59%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.95956521708032%

Flavonoids

Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 162.92kcal (8.15%), Fat: 0.06g (0.09%), Saturated Fat: 0g (0.03%), Carbohydrates: 41.14g (13.71%), Net Carbohydrates: 40.47g (14.72%), Sugar: 37.15g (41.28%), Cholesterol: 0mg (0%), Sodium: 103.26mg (4.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Phosphorus: 33.03mg (3.3%), Fiber: 0.67g (2.68%), Copper: 0.05mg (2.55%), Selenium: 1.61µg (2.3%), Vitamin B2: 0.03mg (1.59%), Potassium: 46.63mg (1.33%), Vitamin B1: 0.02mg (1.1%)