



Congeaed Berry Salads

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



172 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon blueberries fresh unsweetened thawed
- 1 cup cranberry-raspberry-strawberry juice beverage
- 1.3 teaspoons gelatin powder unflavored
- 2 tablespoons nonfat cream alternative sour
- 2 teaspoons pecans finely chopped
- 0.3 teaspoon poppy seeds
- 1 teaspoon powdered sugar
- 1 tablespoon raspberries fresh unsweetened thawed

- 2 large strawberries sliced
- 2 tablespoons sugar

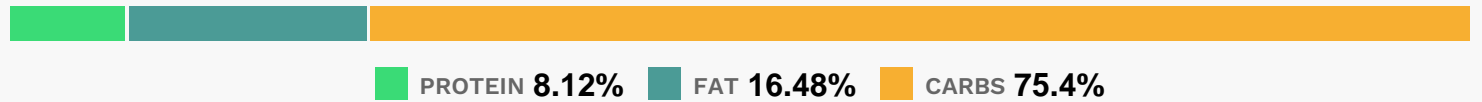
Equipment

- sauce pan

Directions

- Sprinkle gelatin over juice in a small saucepan; let stand 2 minutes.
- Add 2 tablespoons sugar; cook over low heat, stirring until gelatin and sugar dissolve (about 2 minutes). Chill gelatin mixture until the consistency of unbeaten egg white.
- Gently fold blueberries and next 3 ingredients into gelatin mixture. Spoon mixture evenly into 2 (1/2-cup) molds coated with cooking spray. Cover and chill until firm.
- Combine sour cream, powdered sugar, and poppy seeds, stirring well. Line 2 salad plates with lettuce, if desired. Unmold salads onto plates; top each serving evenly with sour cream mixture.
- Sprinkle with grated orange rind, if desired.

Nutrition Facts



Properties

Glycemic Index:123.55, Glycemic Load:18.04, Inflammation Score:-3, Nutrition Score:6.3269564846288%

Flavonoids

Cyanidin: 4.89mg, Cyanidin: 4.89mg, Cyanidin: 4.89mg, Cyanidin: 4.89mg Petunidin: 2.38mg, Petunidin: 2.38mg, Petunidin: 2.38mg Delphinidin: 3.09mg, Delphinidin: 3.09mg, Delphinidin: 3.09mg, Delphinidin: 3.09mg Malvidin: 5.01mg, Malvidin: 5.01mg, Malvidin: 5.01mg, Malvidin: 5.01mg Pelargonidin: 6.78mg, Pelargonidin: 6.78mg, Pelargonidin: 6.78mg Peonidin: 1.52mg, Peonidin: 1.52mg, Peonidin: 1.52mg, Peonidin: 1.52mg Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin:

0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 171.84kcal (8.59%), Fat: 3.39g (5.22%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 34.94g (11.65%), Net Carbohydrates: 33.16g (12.06%), Sugar: 30.86g (34.29%), Cholesterol: 1.08mg (0.36%), Sodium: 25.01mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.53%), Vitamin C: 30.34mg (36.78%), Manganese: 0.39mg (19.34%), Vitamin E: 1.77mg (11.77%), Copper: 0.2mg (10.22%), Vitamin K: 9.19µg (8.75%), Fiber: 1.78g (7.13%), Potassium: 190.81mg (5.45%), Phosphorus: 52.67mg (5.27%), Magnesium: 21.06mg (5.27%), Vitamin B6: 0.1mg (4.91%), Calcium: 41.43mg (4.14%), Vitamin B2: 0.07mg (3.9%), Vitamin B1: 0.06mg (3.87%), Iron: 0.67mg (3.73%), Folate: 13µg (3.25%), Zinc: 0.48mg (3.22%), Selenium: 2.16µg (3.09%), Vitamin A: 99.44IU (1.99%), Vitamin B3: 0.36mg (1.78%), Vitamin B5: 0.11mg (1.06%)