



Congeaed Waldorf Salad

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



132 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups apple juice unsweetened
- ☐ 0.5 cup celery diced
- ☐ 3 ounces neufcha@gtel cheese softened
- ☐ 2 envelopes gelatin powder unflavored
- ☐ 3 ounce gelatin powder lemon-flavored
- ☐ 0.5 cup golden raisins
- ☐ 0.3 cup juice of lemon
- ☐ 2 cups coarsely delicious apple shredded red

- ☐ 3 tablespoons dry-roasted cashews unsalted finely chopped
- ☐ 1 cup skim milk
- ☐ 3 tablespoons sugar
- ☐ 1 cup water boiling
- ☐ 2 cups water cold

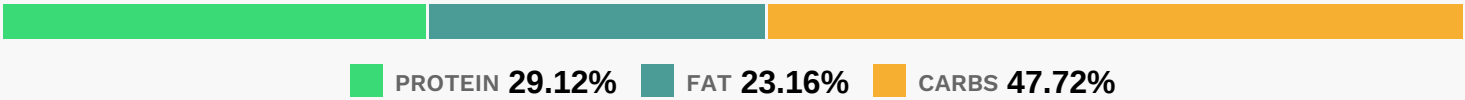
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Sprinkle unflavored gelatin over 2 cups cold water in a large saucepan; let stand 1 minute. Stir in sugar. Cook over low heat, stirring constantly, until gelatin and sugar dissolve.
- ☐ Remove from heat; stir in juices. Chill gelatin mixture 1 1/2 hours or until consistency of unbeaten egg white.
- ☐ Fold apple, celery, raisins, and cashews into gelatin mixture.
- ☐ Pour half of mixture into an 11- x 7- x 1 1/2-inch baking dish coated with cooking spray; cover and chill until firm. Keep remaining mixture at room temperature.
- ☐ Combine lemon-flavored gelatin and boiling water in a small bowl, stirring 2 minutes or until gelatin dissolves; set aside.
- ☐ Place cheese in a medium bowl; beat at medium speed of an electric mixer until smooth. Gradually add skim milk, beating well.
- ☐ Add lemon-flavored gelatin mixture, and beat well.
- ☐ Let cool to room temperature.
- ☐ Pour over congealed apple-gelatin mixture. Cover and chill just until firm.
- ☐ Spoon remaining apple-gelatin mixture over cheese mixture. Cover and chill until firm. To serve, cut into rectangles.

Nutrition Facts



Properties

Glycemic Index:24.31, Glycemic Load:7.24, Inflammation Score:-2, Nutrition Score:4.1386956779853%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 132.45kcal (6.62%), Fat: 3.56g (5.48%), Saturated Fat: 1.6g (9.99%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 15.57g (5.66%), Sugar: 13.07g (14.52%), Cholesterol: 7.7mg (2.57%), Sodium: 79.82mg (3.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.17%), Copper: 0.27mg (13.6%), Calcium: 93.29mg (9.33%), Selenium: 6.04µg (8.63%), Phosphorus: 80.89mg (8.09%), Vitamin B2: 0.11mg (6.31%), Potassium: 167.93mg (4.8%), Magnesium: 17.84mg (4.46%), Vitamin C: 3.53mg (4.28%), Manganese: 0.08mg (4.08%), Fiber: 0.95g (3.8%), Zinc: 0.53mg (3.55%), Vitamin B12: 0.19µg (3.23%), Vitamin B6: 0.06mg (3.1%), Vitamin A: 143.43IU (2.87%), Vitamin K: 2.82µg (2.68%), Iron: 0.42mg (2.31%), Folate: 9.19µg (2.3%), Vitamin B1: 0.03mg (2.17%), Vitamin B5: 0.19mg (1.92%), Vitamin D: 0.27µg (1.78%)