



Cran-Raspberry Gelatin Mold

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



12

CALORIES



100 kcal

SIDE DISH

Ingredients

- 12 ounces cranberries
- 10 1 (10 ounce) package frozen raspberries - thawed and drained frozen thawed drained
- 6 ounce raspberry jell-o® mix flavored
- 1 cup water
- 0.5 cup sugar white

Equipment

- sauce pan

Directions

- In a saucepan, combine the reserved raspberry juice, water, cranberries and sugar. Bring to a boil over medium heat, stirring frequently, until the skins of the cranberries burst.
- Remove from heat and add gelatin; stir until dissolved. Gently fold in raspberries, and pour into a 2 quart mold. Refrigerate until chilled.

Nutrition Facts

PROTEIN 4.8% **FAT 0.64%** **CARBS 94.56%**

Properties

Glycemic Index:11.76, Glycemic Load:6.91, Inflammation Score:-1, Nutrition Score:1.3756521836571%

Flavonoids

Cyanidin: 13.93mg, Cyanidin: 13.93mg, Cyanidin: 13.93mg, Cyanidin: 13.93mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 2.2mg, Delphinidin: 2.2mg, Delphinidin: 2.2mg, Delphinidin: 2.2mg Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg, Malvidin: 0.13mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg, Epicatechin: 1.3mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg, Quercetin: 4.22mg

Nutrients (% of daily need)

Calories: 100kcal (5%), Fat: 0.07g (0.11%), Saturated Fat: 0g (0.02%), Carbohydrates: 24.73g (8.24%), Net Carbohydrates: 23.6g (8.58%), Sugar: 21.8g (24.22%), Cholesterol: 0mg (0%), Sodium: 67.71mg (2.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.26g (2.51%), Manganese: 0.12mg (5.76%), Vitamin C: 4.41mg (5.34%), Fiber: 1.13g (4.52%), Vitamin E: 0.39mg (2.59%), Phosphorus: 23.59mg (2.36%), Copper: 0.04mg (1.89%), Selenium: 1.03µg (1.47%), Vitamin K: 1.55µg (1.47%)