



Cranberry Apple Gelatin Mold



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 2 apples diced with peel cored
- ☐ 1 cup lemon yogurt
- ☐ 2 large cranberry-orange relish peeled cut into bite-size
- ☐ 3 ounce raspberry jell-o® mix flavored
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup walnuts chopped
- ☐ 1 cup water
- ☐ 16 ounce cranberry sauce whole canned

Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a saucepan, heat cranberry sauce and water until sauce melts.
- ☐ Add gelatin and stir until gelatin dissolves.
- ☐ Remove from heat. Stir in the apples, oranges, walnuts and yogurt.
- ☐ Pour mixture into a fancy gelatin mold or a nice bowl and chill overnight before serving.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:2.69, Inflammation Score:-3, Nutrition Score:4.5813043065693%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 3.77mg, Eriodictyol: 3.77mg, Eriodictyol: 3.77mg, Eriodictyol: 3.77mg Hesperetin: 13.29mg, Hesperetin: 13.29mg, Hesperetin: 13.29mg, Hesperetin: 13.29mg Naringenin: 4.8mg, Naringenin: 4.8mg, Naringenin: 4.8mg, Naringenin: 4.8mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg, Myricetin: 1.15mg Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg, Quercetin: 2.46mg

Nutrients (% of daily need)

Calories: 154.3kcal (7.71%), Fat: 3.38g (5.19%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 31.8g (10.6%), Net Carbohydrates: 29.1g (10.58%), Sugar: 24.71g (27.45%), Cholesterol: 0mg (0%), Sodium: 85.1mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.39%), Vitamin C: 27.51mg (33.35%), Fiber: 2.7g (10.8%), Manganese:

0.21mg (10.68%), Copper: 0.13mg (6.37%), Folate: 17.42µg (4.36%), Potassium: 144.93mg (4.14%), Vitamin B1: 0.06mg (4.09%), Phosphorus: 38.83mg (3.88%), Vitamin B6: 0.08mg (3.83%), Magnesium: 14.8mg (3.7%), Vitamin E: 0.52mg (3.48%), Iron: 0.48mg (2.66%), Calcium: 25.43mg (2.54%), Vitamin B2: 0.04mg (2.46%), Vitamin A: 106.12IU (2.12%), Vitamin B5: 0.16mg (1.58%), Selenium: 1.09µg (1.56%), Zinc: 0.21mg (1.39%), Vitamin K: 1.33µg (1.26%), Vitamin B3: 0.22mg (1.12%)