



Cranberry Apple Gelatin Mold

 Gluten Free  Dairy Free

READY IN



500 min.

SERVINGS



12

CALORIES



177 kcal

SIDE DISH

Ingredients

- 2 apples diced with peel cored
- 1 cup lemon yogurt
- 2 oranges peeled chopped
- 6 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 over medium heat, combine cranberry sauce and water.
- Heat until sauce melts. Stir in gelatin until it dissolves.
- Remove from heat.
- Mix in apples, oranges, walnuts, and yogurt.
- Pour mixture into a fancy gelatin mold or a nice bowl, and refrigerate overnight. To serve, dip briefly in hot water, and invert onto a serving dish.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:2.34, Inflammation Score:-3, Nutrition Score:4.2273912948111%

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 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: 10.88mg, Hesperetin: 10.88mg, Hesperetin: 10.88mg, Hesperetin: 10.88mg Naringenin: 3.44mg, Naringenin: 3.44mg, Naringenin: 3.44mg, Naringenin: 3.44mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 177.15kcal (8.86%), Fat: 3.37g (5.18%), Saturated Fat: 0.32g (2%), Carbohydrates: 37.18g (12.39%), Net Carbohydrates: 34.69g (12.61%), Sugar: 29.98g (33.31%), Cholesterol: 0mg (0%), Sodium: 118.13mg (5.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.33%), Vitamin C: 22.82mg (27.65%), Manganese: 0.21mg (10.61%), Fiber: 2.49g (9.96%), Copper: 0.13mg (6.59%), Phosphorus: 47.59mg (4.76%), Folate: 14.98µg (3.75%), Potassium: 129.44mg (3.7%), Vitamin B1: 0.05mg (3.6%), Vitamin B6: 0.07mg (3.56%), Magnesium: 14.05mg (3.51%), Vitamin E: 0.51mg (3.37%), Iron: 0.48mg (2.67%), Vitamin B2: 0.04mg (2.42%), Calcium: 22.1mg (2.21%), Selenium: 1.52µg (2.17%), Vitamin A: 86.24IU (1.72%), Zinc: 0.2mg (1.36%), Vitamin B5: 0.14mg (1.36%), Vitamin K: 1.33µg (1.26%)