



Cranberry-Cream Cheese Mold

 Gluten Free

READY IN



385 min.

SERVINGS



25

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 apples chopped
- 8 oz philadelphia cream cheese softened
- 0.5 tsp ground cinnamon
- 1 pkg jell-o cranberry flavor gelatin (8-serving size)
- 1.5 cups water boiling
- 1.5 cups water cold
- 1 cup berry cranberry sauce whole

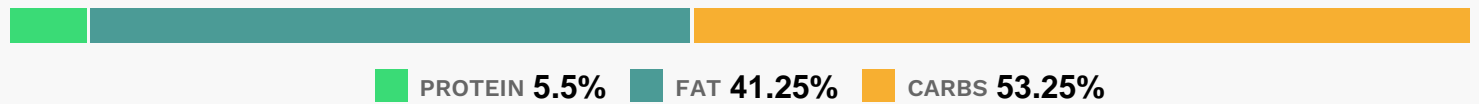
Equipment

- bowl
- whisk

Directions

- Stir boiling water into dry gelatin mix in medium bowl at least 2 min. until completely dissolved. Stir in cold water and cinnamon.
- Remove 1 cup of the gelatin; set aside at room temperature. Refrigerate remaining gelatin 1-1/2 hours or until thickened (spoon drawn through leaves definite impression).
- Add apples and cranberry sauce to thickened gelatin; stir gently. Spoon into 6-cup mold sprayed with cooking spray. Refrigerate 30 min. or until gelatin is set but not firm. (Gelatin should stick to finger when touched and should mound.)
- Place cream cheese in another medium bowl. Gradually add reserved 1 cup gelatin, beating with wire whisk until well blended.
- Pour over gelatin layer in mold.
- Refrigerate 4 hours or until firm. Unmold onto serving plate. Store leftovers in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.56, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:0.77565216694189%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 66.43kcal (3.32%), Fat: 3.15g (4.85%), Saturated Fat: 1.84g (11.47%), Carbohydrates: 9.15g (3.05%), Net Carbohydrates: 8.82g (3.21%), Sugar: 7.59g (8.43%), Cholesterol: 9.16mg (3.05%), Sodium: 46.39mg (2.02%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.89%), Vitamin A: 130.62IU (2.61%), Phosphorus: 15.78mg (1.58%), Vitamin B2: 0.03mg (1.56%), Selenium: 1.05µg (1.51%), Vitamin E: 0.2mg (1.31%), Fiber: 0.33g (1.3%), Calcium: 11.05mg (1.1%)