



Cranberry Fruit Basket

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

READY IN



340 min.

SERVINGS



40

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 11 oz mandarin orange segments drained canned
- 1.5 cups ginger ale cold
- 2 cups and/or grapes green red seedless halved
- 1 pkg jell-o cranberry flavor gelatin red or any other flavor (8-serving size)
- 2 cups water boiling

Equipment

- bowl

Directions

- Stir boiling water into dry gelatin mix in large bowl at least 2 min. until completely dissolved. Stir in ginger ale. Refrigerate 1-1/2 hours or until thickened (spoon drawn through leaves definite impression).
- Add fruit; stir gently until well blended. Spoon into 6-cup mold sprayed with cooking spray.
- Refrigerate 4 hours or until firm. Unmold. Store leftover dessert in refrigerator.

Nutrition Facts

 **PROTEIN 5.45%**  **FAT 0.67%**  **CARBS 93.88%**

Properties

Glycemic Index:2.72, Glycemic Load:1.09, Inflammation Score:-1, Nutrition Score:0.60608696062928%

Nutrients (% of daily need)

Calories: 19.28kcal (0.96%), Fat: 0.02g (0.02%), Saturated Fat: 0g (0.03%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 4.64g (1.69%), Sugar: 4.43g (4.92%), Cholesterol: 0mg (0%), Sodium: 11.65mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Vitamin C: 2.88mg (3.5%), Vitamin A: 107.27IU (2.15%), Vitamin K: 1.1µg (1.05%)