



Cranberry Fruit Mold

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

READY IN



345 min.

SERVINGS



45

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

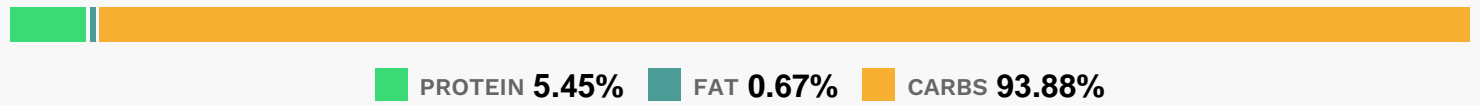
Equipment

- bowl

Directions

- Stir boiling water into gelatin in large bowl at least 2 minutes until completely dissolved. Stir in cold diet ginger ale. Refrigerate about 1-1/2 hours or until thickened (spoon drawn through leaves definite impression).
- Stir in grapes and oranges.
- Pour into 6-cup mold sprayed with cooking spray.
- Refrigerate 4 hours or until firm. Unmold. Store leftover gelatin mold in refrigerator.

Nutrition Facts



Properties

Glycemic Index:2.42, Glycemic Load:0.97, Inflammation Score:-1, Nutrition Score:0.53782608100901%

Nutrients (% of daily need)

Calories: 17.14kcal (0.86%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.02%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 4.12g (1.5%), Sugar: 3.94g (4.37%), Cholesterol: 0mg (0%), Sodium: 10.36mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.25g (0.5%), Vitamin C: 2.56mg (3.11%), Vitamin A: 95.35IU (1.91%)