



Cranberry-Orange Gelatin Mold

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



10

CALORIES



220 kcal

SIDE DISH

Ingredients

- 22 oz mandarin oranges drained canned
- 6 cups 1/4 cup dried cranberry (juice sweetened if possible)
- 5.3 oz gelatin powder plain
- 1 cup sugar

Equipment

- bowl
- frying pan
- sauce pan

kugelhopf pan

Directions

Pour 2 cups juice into a large bowl.

Sprinkle gelatin over and let stand for 5 minutes.

In a saucepan, combine 2 cups remaining juice with sugar.

Place over medium-low heat, stirring until sugar has dissolved, and bring to a simmer, about 7 minutes.

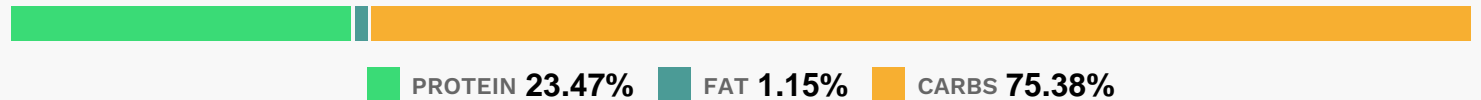
Pour warmed juice over gelatin mixture and stir until gelatin has dissolved. Stir in remaining 2 cups juice.

Lightly mist a 10-cup Bundt pan with cooking spray.

Pour in 1 cup juice mixture and refrigerate until set, about 25 minutes. Scatter half of oranges on top and pour in 2 more cups juice mixture. Refrigerate until set, about 35 minutes. Repeat with remaining oranges and juice mixture. Refrigerate until cold and completely set, at least 4 hours.

When ready to serve, gently pull gelatin mold away from edges of pan and invert onto a serving plate.

Nutrition Facts



Properties

Glycemic Index:12.61, Glycemic Load:24.25, Inflammation Score:-6, Nutrition Score:6.9391305446625%

Nutrients (% of daily need)

Calories: 220.39kcal (11.02%), Fat: 0.3g (0.46%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 44.31g (14.77%), Net Carbohydrates: 43.41g (15.78%), Sugar: 43.47g (48.3%), Cholesterol: 0mg (0%), Sodium: 35.53mg (1.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.8g (27.6%), Vitamin C: 35.26mg (42.74%), Copper: 0.43mg (21.6%), Vitamin A: 886.59IU (17.73%), Vitamin E: 1.92mg (12.77%), Selenium: 6.4µg (9.14%), Vitamin K: 7.74µg (7.37%), Potassium: 204.49mg (5.84%), Vitamin B6: 0.11mg (5.34%), Vitamin B2: 0.08mg (4.98%), Vitamin B1: 0.07mg (4.82%), Magnesium: 19.24mg (4.81%), Iron: 0.72mg (4.02%), Fiber: 0.9g (3.6%), Zinc: 0.51mg (3.37%), Phosphorus: 32.4mg (3.24%), Calcium: 28.01mg (2.8%), Folate: 9.1µg (2.28%), Vitamin B3: 0.43mg (2.14%)