



Cranberry Pomegranate Terrine



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



8

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 2 peppercorns whole black
- ☐ 1 cinnamon sticks
- ☐ 8 ounce cranberries fresh
- ☐ 6 teaspoons gelatin powder unflavored
- ☐ 2 large strips orange zest white for garnish
- ☐ 2 cups pomegranate juice pure
- ☐ 8 servings salt
- ☐ 0.8 cup sugar

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ loaf pan

Directions

- ☐ Pulse the cranberries and 1/4 cup sugar in a food processor until chunky and juicy, about 8 times. Set aside for 20 minutes to macerate.
- ☐ Meanwhile, combine the remaining 1/2 cup sugar, 1 1/2 cups pomegranate juice, the cinnamon stick, peppercorns, orange peel and a pinch of salt in a saucepan over medium heat; simmer, stirring, until the sugar dissolves.
- ☐ Remove from the heat; let steep for 20 minutes. Discard the cinnamon, peppercorns and orange peel.
- ☐ Place the remaining 1/2 cup pomegranate juice and 1/4 cup cold water in a bowl and sprinkle the gelatin on top. Set aside without stirring until the gelatin softens, about 5 minutes.
- ☐ Add the steeped pomegranate juice to the gelatin mixture and stir until the gelatin dissolves.
- ☐ Spread a thin layer of the cranberry mixture in a 9-by-5-inch loaf pan; pour in enough of the pomegranate-gelatin mixture to cover (about 3/4 cup). Refrigerate until just beginning to set, about 30 minutes. Meanwhile, stir the remaining cranberries into the remaining gelatin mixture and set aside, unrefrigerated. Once the bottom layer is set, pour in the remaining gelatin mixture and refrigerate until completely set, at least 2 hours or overnight.
- ☐ To serve, run a knife around the edges of the pan and invert the terrine onto a platter. (Set the pan in warm water to soften the gelatin if necessary.)
- ☐ Garnish with the orange zest.
- ☐ Photograph by Anita Calero

Nutrition Facts



Properties

Glycemic Index:19.01, Glycemic Load:14.17, Inflammation Score:-1, Nutrition Score:2.8426087006279%

Flavonoids

Cyanidin: 14.66mg, Cyanidin: 14.66mg, Cyanidin: 14.66mg, Cyanidin: 14.66mg Delphinidin: 2.68mg, Delphinidin: 2.68mg, Delphinidin: 2.68mg, Delphinidin: 2.68mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg

Nutrients (% of daily need)

Calories: 130.28kcal (6.51%), Fat: 0.29g (0.44%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 30.66g (10.22%), Net Carbohydrates: 29.31g (10.66%), Sugar: 27.78g (30.86%), Cholesterol: 0mg (0%), Sodium: 206.08mg (8.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.63%), Manganese: 0.25mg (12.26%), Vitamin K: 8.07µg (7.68%), Fiber: 1.35g (5.39%), Vitamin C: 4.39mg (5.32%), Copper: 0.1mg (4.86%), Potassium: 159.54mg (4.56%), Vitamin E: 0.62mg (4.15%), Folate: 16.23µg (4.06%), Vitamin B5: 0.27mg (2.68%), Selenium: 1.53µg (2.19%), Vitamin B6: 0.04mg (2.12%), Magnesium: 7.08mg (1.77%), Calcium: 15.97mg (1.6%), Vitamin B2: 0.03mg (1.52%), Iron: 0.21mg (1.18%), Phosphorus: 11.51mg (1.15%)