



Cranberry-Port Gelatin with Crystallized Ginger and Celery



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



126 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cardamom pods whole crushed
- ☐ 6 servings celery leaves
- ☐ 1 celery stalks diced with vegetable peeler, finely
- ☐ 3.5 cups 1/4 cup dried cranberry (juice sweetened if possible) 100%
- ☐ 1 ounce candied ginger
- ☐ 0.5 ounce gelatin powder unflavored
- ☐ 0.5 cup port wine

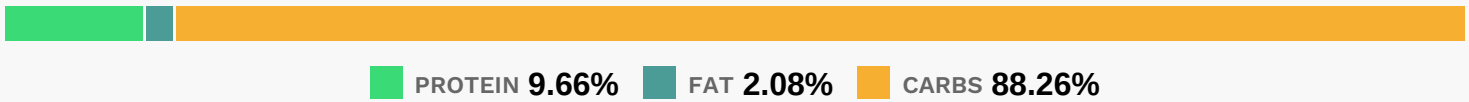
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ mixing bowl
- ☐ plastic wrap

Directions

- ☐ Place gelatin in large mixing bowl.
- ☐ Pour Port over gelatin; let stand 5 minutes. Bring cranberry juice, cloves, and cardamom to boil in heavy medium saucepan over medium-high heat.
- ☐ Pour hot cranberry juice mixture over gelatin. Stir until gelatin is completely dissolved, about 4 minutes.
- ☐ Let cool 30 minutes. Strain into medium bowl; discard spices.
- ☐ Chill gelatin mixture until beginning to set (mixture will fall from spoon in soft clumps), about 30 minutes. Stir in diced celery and ginger. Lightly spray 1-quart mold with nonstick spray.
- ☐ Pour gelatin mixture into mold; cover surface with plastic wrap. Refrigerate until set, at least 2 hours. (Can be made 3 days ahead. Keep refrigerated.)
- ☐ Remove plastic wrap. Invert gelatin onto plate.
- ☐ Garnish with celery leaves.

Nutrition Facts



Properties

Glycemic Index:20.83, Glycemic Load:10.03, Inflammation Score:-2, Nutrition Score:3.9282609198404%

Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg, Malvidin: 18.97mg Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg, Peonidin: 0.79mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin:

1.51mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 126.32kcal (6.32%), Fat: 0.26g (0.41%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 25.2g (8.4%), Net Carbohydrates: 24.75g (9%), Sugar: 23.01g (25.57%), Cholesterol: 0mg (0%), Sodium: 11.61mg (0.5%), Alcohol: 3.06g (100%), Alcohol %: 2.19% (100%), Protein: 2.76g (5.51%), Vitamin C: 13.99mg (16.95%), Manganese: 0.31mg (15.4%), Vitamin E: 1.78mg (11.84%), Vitamin K: 8.02µg (7.63%), Copper: 0.15mg (7.28%), Potassium: 147.94mg (4.23%), Vitamin B6: 0.08mg (4.02%), Magnesium: 13.65mg (3.41%), Iron: 0.59mg (3.26%), Phosphorus: 24.09mg (2.41%), Vitamin B2: 0.04mg (2.26%), Calcium: 19.2mg (1.92%), Fiber: 0.45g (1.82%), Selenium: 1.19µg (1.7%), Zinc: 0.24mg (1.61%), Vitamin A: 73.9IU (1.48%), Vitamin B1: 0.02mg (1.32%)