

# Cranbrosia Gelatin Mold

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



207 kcal

SIDE DISH

## Ingredients

- 11 ounces mandarin oranges canned
- 8 ounces pineapple rings sliced canned
- 2 tablespoons powdered sugar
- 2 cups cranberries fresh
- 2 envelopes gelatin powder unflavored
- 1 cup heavy whipping cream
- 8 ounces cream sour
- 1 cup sugar

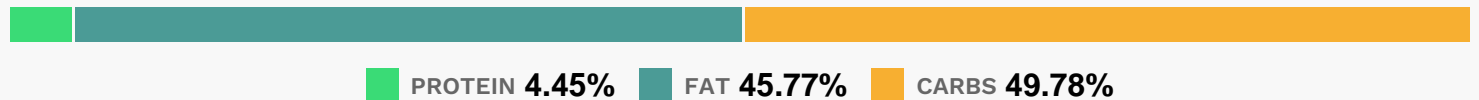
## Equipment

- bowl
- sauce pan

## Directions

- In a bowl, combine cranberries and sugar.
- Let stand for 30 minutes or until sugar is dissolved, stirring occasionally.
- Drain juice from oranges and pineapple, reserving 3/4 cup juice. Cup pineapple into small pieces. Set fruit aside.
- In a small saucepan, sprinkle gelatin over reserved juice; let stand for 1 minute. Cook and stir over low heat until gelatin is dissolved, about 2 minutes.
- Add to cranberry mixture; stir in the oranges and pineapple. Fold in sour cream.
- In a small bowl, beat cream until it begins to thicken.
- Add confectioners' sugar; beat until soft peaks form. Fold into fruit mixture.
- Pour into a 6-cup ring mold or 12 individual molds lightly coated with cooking spray. Refrigerate until set. Unmold before serving.

## Nutrition Facts



## Properties

Glycemic Index:9.59, Glycemic Load:12.27, Inflammation Score:-5, Nutrition Score:3.7286956932234%

## Flavonoids

Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.11mg,

Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

## Nutrients (% of daily need)

Calories: 207kcal (10.35%), Fat: 10.93g (16.82%), Saturated Fat: 6.48g (40.47%), Carbohydrates: 26.76g (8.92%), Net Carbohydrates: 25.6g (9.31%), Sugar: 24.71g (27.46%), Cholesterol: 33.56mg (11.19%), Sodium: 15.52mg (0.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin C: 13.21mg (16.01%), Vitamin A: 769.7IU (15.39%), Vitamin B2: 0.09mg (5.32%), Fiber: 1.16g (4.63%), Calcium: 40.48mg (4.05%), Copper: 0.07mg (3.61%), Vitamin B1: 0.05mg (3.48%), Vitamin E: 0.52mg (3.45%), Potassium: 115.12mg (3.29%), Phosphorus: 32.34mg (3.23%), Manganese: 0.06mg (3.21%), Selenium: 2.06µg (2.94%), Magnesium: 10.23mg (2.56%), Vitamin B6: 0.05mg (2.48%), Vitamin D: 0.32µg (2.12%), Zinc: 0.28mg (1.9%), Vitamin K: 1.88µg (1.79%), Vitamin B5: 0.16mg (1.65%), Iron: 0.22mg (1.2%), Vitamin B12: 0.07µg (1.19%), Folate: 4.69µg (1.17%), Vitamin B3: 0.22mg (1.09%)