



Cucumber-Tomato Aspic



Gluten Free



Dairy Free

READY IN



260 min.

SERVINGS



20

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon celery salt
- ☐ 1 cup 1/4 cup dried cranberry (juice sweetened if possible)
- ☐ 1.8 cups cucumber chopped
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 0.5 teaspoon garlic salt
- ☐ 1 oz gelatin powder unflavored
- ☐ 6 dashes hot sauce
- ☐ 1 tablespoon olive oil

- ☐ 3 cups sacramento tomato juice low-sodium
- ☐ 1 teaspoon worcestershire sauce

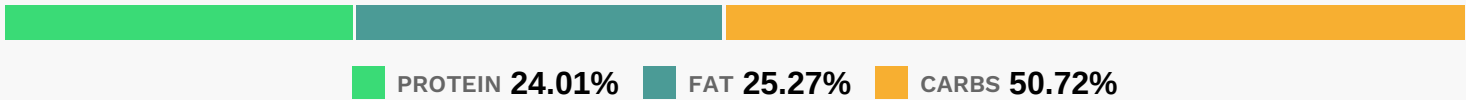
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ muffin tray

Directions

- ☐ Sprinkle gelatin over cranberry juice in a bowl.
- ☐ Let stand 3 minutes.
- ☐ Meanwhile, bring tomato juice to a boil in a medium saucepan over medium-high heat.
- ☐ Pour over gelatin mixture, and stir until gelatin dissolves.
- ☐ Whisk in parsley and next 5 ingredients.
- ☐ Spread cucumbers in a 4-cup mold; pour gelatin mixture over cucumbers. Chill 4 hours or until set. Dip bottom of mold in warm water for about 15 seconds. Unmold onto a serving plate.
- ☐ Mini Tomato Aspics: Prepare recipe as directed in Steps 1 and Spoon about 1 tsp. chopped cucumbers into each cup of a 24-cup miniature muffin pan; top with gelatin mixture, filling completely (about 1 Tbsp. per cup). Chill 1 hour or until set. Unmold as directed in Step Makes 2 dozen Hands-on 20 min.; Total 1 hour, 20 min.

Nutrition Facts



Properties

Glycemic Index:6.72, Glycemic Load:1.33, Inflammation Score:-2, Nutrition Score:2.3104347742122%

Flavonoids

Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg, Apigenin: 0.86mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 24.73kcal (1.24%), Fat: 0.76g (1.17%), Saturated Fat: 0.1g (0.65%), Carbohydrates: 3.42g (1.14%), Net Carbohydrates: 3.17g (1.15%), Sugar: 3.02g (3.36%), Cholesterol: 0mg (0%), Sodium: 128.11mg (5.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.24%), Vitamin C: 8.81mg (10.68%), Vitamin K: 9.31µg (8.86%), Vitamin A: 212.08IU (4.24%), Copper: 0.07mg (3.47%), Potassium: 113.96mg (3.26%), Vitamin B6: 0.05mg (2.67%), Folate: 10.1µg (2.53%), Vitamin E: 0.38mg (2.51%), Manganese: 0.04mg (1.82%), Magnesium: 6.72mg (1.68%), Iron: 0.28mg (1.53%), Vitamin B1: 0.02mg (1.52%), Vitamin B3: 0.27mg (1.35%), Vitamin B5: 0.12mg (1.22%), Vitamin B2: 0.02mg (1.21%), Phosphorus: 11.62mg (1.16%), Fiber: 0.25g (1.01%)