



Dollie's Tomato Aspic



Gluten Free



Dairy Free



Low Fod Map

READY IN



190 min.

SERVINGS



4

CALORIES



51 kcal

SIDE DISH

Ingredients



16 ounce canned tomatoes undrained canned



0.3 ounce gelatin powder unflavored



0.6 ounce raspberry gelatin mix sugar-free



0.5 cup water cold

Equipment

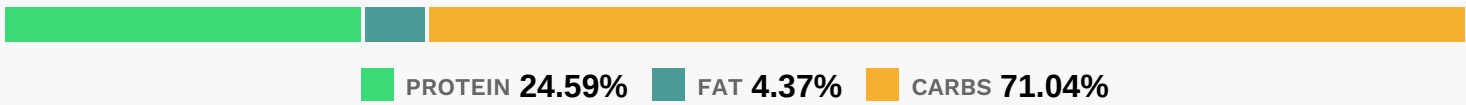


sauce pan

Directions

- ☐ Pour the tomatoes with the juice from the can into a saucepan over medium heat and heat until warm, about 5 minutes.
- ☐ Dissolve the raspberry gelatin in the boiling water. Stir the unflavored gelatin into the cold water until dissolved.
- ☐ Add both mixtures to the warmed tomatoes and stir.
- ☐ Pour the tomato mixture into a gelatin mold and refrigerate until congealed, 3 to 4 hours.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:2.32, Inflammation Score:-3, Nutrition Score:5.9656521963037%

Nutrients (% of daily need)

Calories: 50.64kcal (2.53%), Fat: 0.32g (0.49%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 11.68g (3.89%), Net Carbohydrates: 9.52g (3.46%), Sugar: 4.99g (5.54%), Cholesterol: 0mg (0%), Sodium: 191.29mg (8.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.09%), Vitamin C: 10.43mg (12.65%), Copper: 0.25mg (12.53%), Manganese: 0.21mg (10.47%), Potassium: 333.14mg (9.52%), Vitamin E: 1.42mg (9.45%), Phosphorus: 91.96mg (9.2%), Fiber: 2.16g (8.64%), Vitamin B6: 0.17mg (8.51%), Iron: 1.5mg (8.31%), Vitamin B3: 1.39mg (6.94%), Magnesium: 23.45mg (5.86%), Vitamin K: 6.01µg (5.72%), Vitamin B1: 0.09mg (5.7%), Vitamin A: 243.81IU (4.88%), Calcium: 40.76mg (4.08%), Folate: 15.27µg (3.82%), Vitamin B2: 0.06mg (3.71%), Vitamin B5: 0.32mg (3.17%), Zinc: 0.31mg (2.08%), Selenium: 1.38µg (1.97%)