



Fat Free Cranberry-Pineapple Dessert

 **Gluten Free**  **Dairy Free**

READY IN



295 min.

SERVINGS



55

CALORIES



14 kcal

Ingredients

- 11 oz mandarin orange segments drained canned
- 0.5 tsp ground cinnamon
- 55 servings ice cubes
- 1 pkg pkg. jell-o cranberry flavor gelatin sugar free (8-serving size) (4-serving size each)
- 20 oz pineapple chunks in juice undrained canned
- 2 cups water boiling

Equipment

- bowl

Directions

- Stir boiling water into combined gelatin and cinnamon in large bowl at least 2 minutes until gelatin is completely dissolved.
- Drain pineapple, reserving the juice.
- Add enough ice to reserved juice to measure 1-1/2 cups.
- Add to gelatin. Stir until ice is completely melted.
- Refrigerate about 45 minutes or until gelatin is slightly thickened (consistency of unbeaten egg whites).
- Reserve 1/4 cup each of the pineapple and oranges.
- Add remaining pineapple and oranges to gelatin.
- Pour into 1-1/2-quart serving bowl.
- Refrigerate 4 hours or until firm.
- Garnish with the reserved pineapple and oranges. Store leftover gelatin in refrigerator.

Nutrition Facts

 **PROTEIN 5.69%**  **FAT 0.82%**  **CARBS 93.49%**

Properties

Glycemic Index:0.09, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.55869565094295%

Nutrients (% of daily need)

Calories: 14.29kcal (0.71%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.34g (1.21%), Sugar: 3.27g (3.63%), Cholesterol: 0mg (0%), Sodium: 10.82mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.43%), Vitamin C: 2.89mg (3.51%), Vitamin A: 79.61IU (1.59%), Copper: 0.03mg (1.28%), Vitamin B1: 0.02mg (1.04%)