



Florida Sunshine Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



260 min.

SERVINGS



20

CALORIES



6 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup grapefruit sections fresh cut in half
- 0.3 oz jell-o lemon flavor gelatin sugar free
- 0.5 cup orange sections fresh cut in half
- 0.8 cup water cold
- 1 cup water boiling

Equipment

- bowl
- blender

Directions

- Add boiling water to gelatin mix in medium bowl; stir 2 min. until completely dissolved.
- Add cold water; measure 3/4 cup into small bowl. Refrigerate remaining gelatin until slightly thickened. Stir in fruit; pour into serving bowl. Refrigerate until set but not firm.
- Meanwhile, place small bowl of measured gelatin in larger bowl of ice water; stir until slightly thickened. Beat with mixer on high speed until thickened and about doubled in volume. Spoon over gelatin in bowl.
- Refrigerate 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:0.49565216931312%

Flavonoids

Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 2.57mg, Naringenin: 2.57mg, Naringenin: 2.57mg, Naringenin: 2.57mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 6.15kcal (0.31%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 1.53g (0.51%), Net Carbohydrates: 1.33g (0.48%), Sugar: 1.18g (1.31%), Cholesterol: 0mg (0%), Sodium: 3.02mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%), Vitamin C: 4.19mg (5.08%), Vitamin A: 76.25IU (1.52%)