



Fruit Terrine with Raspberry Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pint blueberries fresh
- ☐ 2 envelopes gelatin powder unflavored
- ☐ 8 servings garnish: mint sprigs fresh
- ☐ 2.3 cups peaches sliced
- ☐ 1 pint raspberries fresh
- ☐ 0.8 cup raspberry liqueur
- ☐ 8 servings raspberry sauce
- ☐ 1 cup sugar

☐ 2 cups water cold divided

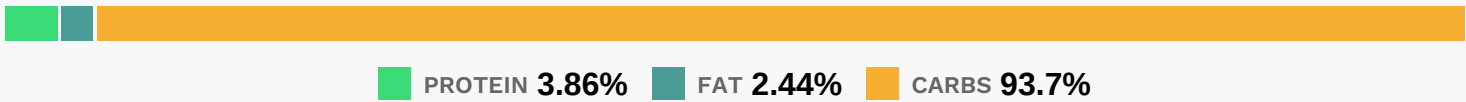
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Cook 1 1/2 cups cold water and sugar in a saucepan over medium heat, stirring often, until sugar melts.
- ☐ Sprinkle gelatin over remaining 1/2 cup cold water in a large bowl; stir and let stand 1 minute. Stir in hot sugar mixture until dissolved. Stir in raspberry liqueur.
- ☐ Pour a 1/2-inch-thick layer of gelatin mixture into an 8- x 4-inch loafpan; chill 30 minutes.
- ☐ Layer raspberries, blueberries, and peach slices over gelatin, pouring remaining gelatin over top of each layer of fruit. Gently shake pan, allowing gelatin to flow into crevices. Cover and chill 8 hours. Unmold onto a serving dish. Slice and serve with Raspberry Sauce.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:22.04, Glycemic Load:22.7, Inflammation Score:-6, Nutrition Score:8.3895650324614%

Flavonoids

Cyanidin: 32.94mg, Cyanidin: 32.94mg, Cyanidin: 32.94mg, Cyanidin: 32.94mg Petunidin: 18.83mg, Petunidin: 18.83mg, Petunidin: 18.83mg, Petunidin: 18.83mg Delphinidin: 21.74mg, Delphinidin: 21.74mg, Delphinidin: 21.74mg, Delphinidin: 21.74mg Malvidin: 40.05mg, Malvidin: 40.05mg, Malvidin: 40.05mg, Malvidin: 40.05mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 12.07mg, Peonidin: 12.07mg, Peonidin: 12.07mg, Peonidin: 12.07mg Catechin: 6.11mg, Catechin: 6.11mg, Catechin: 6.11mg, Catechin: 6.11mg Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg, Epigallocatechin: 1.13mg Epicatechin: 3.5mg, Epicatechin: 3.5mg, Epicatechin: 3.5mg, Epicatechin: 3.5mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg

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Nutrients (% of daily need)

Calories: 350.81kcal (17.54%), Fat: 0.9g (1.38%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 77.52g (25.84%), Net Carbohydrates: 71.23g (25.9%), Sugar: 54.76g (60.84%), Cholesterol: 0mg (0%), Sodium: 23.72mg (1.03%), Alcohol: 5.75g (100%), Alcohol %: 2.35% (100%), Caffeine: 5.75mg (1.92%), Protein: 3.19g (6.38%), Manganese: 0.7mg (35.21%), Vitamin C: 28.6mg (34.67%), Fiber: 6.28g (25.14%), Vitamin K: 17.64µg (16.8%), Copper: 0.2mg (9.77%), Vitamin E: 1.22mg (8.12%), Potassium: 222.14mg (6.35%), Magnesium: 24.11mg (6.03%), Folate: 22.61µg (5.65%), Vitamin B3: 1.07mg (5.37%), Iron: 0.93mg (5.16%), Vitamin A: 247.21IU (4.94%), Vitamin B2: 0.08mg (4.93%), Vitamin B6: 0.08mg (4.02%), Phosphorus: 38.77mg (3.88%), Vitamin B1: 0.06mg (3.86%), Vitamin B5: 0.36mg (3.6%), Selenium: 2.33µg (3.33%), Zinc: 0.5mg (3.32%), Calcium: 28.05mg (2.81%)