



## Fruity Gelatin Mold

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**10**

CALORIES



**210 kcal**

**SIDE DISH**

### Ingredients

- 2 large banana ripe sliced
- 10 oz pineapple crushed canned
- 0.5 envelope gelatin powder plain
- 1 pint cream sour
- 10 oz strawberries frozen thawed
- 6 oz strawberry gelatin
- 2 cups water boiling

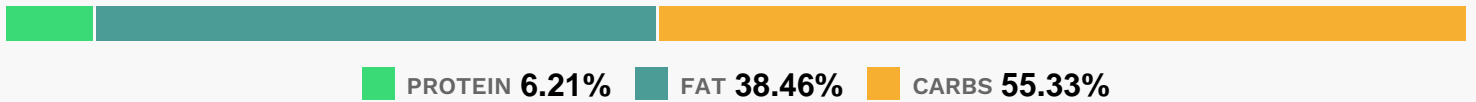
### Equipment

- bowl
- frying pan
- kugelhopf pan

## Directions

- Mist a 10-inch decorative mold or Bundt pan with nonstick cooking spray.
- In a large bowl, mix strawberry gelatin with 2 cups boiling water; stir to dissolve.
- Add pineapple with its juices, bananas and strawberries. In a small bowl, mix 2 Tbsp. boiling water with plain gelatin; stir to dissolve. Stir into strawberry mixture.
- Pour half of mixture into mold; chill until firm, about 2 hours. Leave other half of mixture in bowl at room temperature.
- When refrigerated mixture has hardened, fold sour cream into remaining mixture and pour carefully on refrigerated mixture. Refrigerate until firm, at least 3 hours. When ready to serve, place a plate over mold, invert and tap pan gently until gelatin drops out.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:9.48, Glycemic Load:3.65, Inflammation Score:-4, Nutrition Score:5.3000000041464%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

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## Nutrients (% of daily need)

Calories: 209.96kcal (10.5%), Fat: 9.39g (14.44%), Saturated Fat: 4.82g (30.1%), Carbohydrates: 30.37g (10.12%), Net Carbohydrates: 28.73g (10.45%), Sugar: 25g (27.77%), Cholesterol: 27.92mg (9.31%), Sodium: 97.82mg (4.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Vitamin C: 22.13mg (26.82%), Manganese: 0.19mg (9.52%), Vitamin B6: 0.15mg (7.7%), Phosphorus: 74.85mg (7.49%), Vitamin B2: 0.12mg (7.02%), Potassium: 236.3mg (6.75%), Vitamin A: 329.77IU (6.6%), Fiber: 1.64g (6.57%), Calcium: 60.34mg (6.03%), Copper: 0.11mg (5.44%), Magnesium: 20.9mg (5.23%), Selenium: 3.53µg (5.04%), Folate: 17.12µg (4.28%), Vitamin B1: 0.05mg (3.61%), Vitamin B5: 0.29mg (2.88%), Vitamin B3: 0.42mg (2.08%), Vitamin E: 0.29mg (1.97%), Iron: 0.33mg (1.81%), Zinc: 0.27mg (1.81%), Vitamin B12: 0.1µg (1.66%), Vitamin K: 1.67µg (1.59%)