

Gelatin Ring with Cream Cheese Balls

 **Gluten Free**

READY IN



15 min.

SERVINGS



12

CALORIES



304 kcal

Ingredients

- 8 ounces cream cheese
- 6 ounces raspberry gelatin
- 1 cup walnuts
- 2 cups water boiling
- 32 ounces roasted cranberry sauce canned

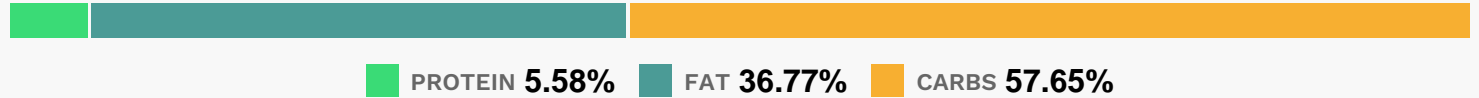
Equipment

- bowl

Directions

- In a large bowl, dissolve gelatin in boiling water. Stir in cranberry sauce until well blended.
- Pour into a 6-cup ring mold coated with cooking spray; refrigerate overnight or until firm.
- Roll cream cheese into 3/4-in. balls; coat with walnuts. Unmold gelatin onto a serving platter; place the cream cheese balls in the center of the ring.

Nutrition Facts



Properties

Glycemic Index:3.92, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:4.2313043682472%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 2.04mg, Myricetin: 2.04mg, Myricetin: 2.04mg, Myricetin: 2.04mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 304.12kcal (15.21%), Fat: 12.97g (19.96%), Saturated Fat: 4.42g (27.63%), Carbohydrates: 45.75g (15.25%), Net Carbohydrates: 44.26g (16.1%), Sugar: 37.2g (41.33%), Cholesterol: 19.09mg (6.36%), Sodium: 131.35mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.86%), Manganese: 0.38mg (19.09%), Copper: 0.2mg (10.06%), Phosphorus: 76.97mg (7.7%), Vitamin E: 0.93mg (6.23%), Fiber: 1.48g (5.94%), Vitamin A: 287.52IU (5.75%), Magnesium: 19.3mg (4.82%), Selenium: 3.36µg (4.79%), Vitamin B2: 0.08mg (4.69%), Vitamin B6: 0.07mg (3.68%), Iron: 0.63mg (3.52%), Vitamin B1: 0.05mg (3.29%), Calcium: 31.76mg (3.18%), Folate: 12.44µg (3.11%), Zinc: 0.42mg (2.83%), Potassium: 90.1mg (2.57%), Vitamin B5: 0.17mg (1.65%), Vitamin K: 1.72µg (1.64%), Vitamin C: 0.88mg (1.07%), Vitamin B3: 0.2mg (1.02%)