



## Grapefruit Gelatin Molds

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

READY IN



**20 min.**

SERVINGS



**3**

CALORIES



**121 kcal**

SIDE DISH

### Ingredients

- 1 envelope gelatin powder unflavored
- 0.5 cup grapefruit juice
- 4 teaspoons juice of lemon
- 3 tablespoons orange juice
- 0.3 cup sugar
- 0.3 cup water

### Equipment

- bowl

sauce pan

## Directions

In a small bowl, sprinkle gelatin over cold water; let stand for 1 minute. In a saucepan, combine sugar and water; bring to a boil. Reduce heat; stir in gelatin until dissolved. Stir in juices; pour into three 1/2-cup or one 2-cup mold coated with cooking spray. Refrigerate for 4–5 hours or until set.

## Nutrition Facts

 **PROTEIN 7.55%**  **FAT 1.16%**  **CARBS 91.29%**

## Properties

Glycemic Index:56.7, Glycemic Load:18.49, Inflammation Score:-1, Nutrition Score:2.0465217467559%

## Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 3mg, Hesperetin: 3mg, Hesperetin: 3mg, Hesperetin: 3mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 120.58kcal (6.03%), Fat: 0.16g (0.25%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 28.73g (9.58%), Net Carbohydrates: 28.63g (10.41%), Sugar: 28.1g (31.22%), Cholesterol: 0mg (0%), Sodium: 7.13mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.75%), Vitamin C: 21.66mg (26.26%), Copper: 0.06mg (3.24%), Potassium: 105.4mg (3.01%), Folate: 7.92µg (1.98%), Magnesium: 6.98mg (1.74%), Selenium: 1.08µg (1.54%), Iron: 0.23mg (1.3%), Vitamin B1: 0.02mg (1.17%)