



## Holiday Fruit and Nut Mold

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

READY IN



**350 min.**

SERVINGS



**50**

CALORIES



**21 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup fruit mixed dried chopped
- 0.3 cup golden raisins
- 0.1 tsp ground cinnamon
- 0.1 tsp ground cloves
- 0.1 tsp ground nutmeg
- 1.3 cups lemon-lime carbonated beverage cold
- 0.3 cup maraschino cherries chopped
- 1 pkg jell-o cranberry flavor gelatin (8-serving size)

0.3 cup walnut halves toasted chopped

2 cups water boiling

## Equipment

bowl

## Directions

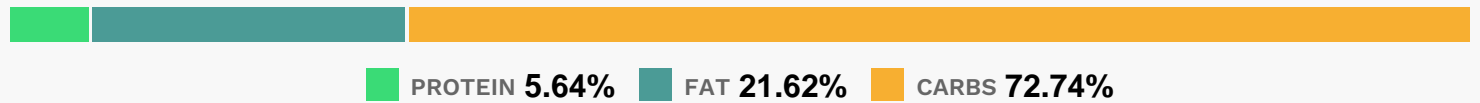
Stir boiling water into dry gelatin in large bowl at least 2 min. until completely dissolved. Stir in cold ginger ale and spices. Refrigerate about 1-1/2 hours or until thickened (spoon drawn through leaves a definite impression).

Stir in fruits and pecans. Spoon into 5-cup mold sprayed with cooking spray.

Refrigerate 4 hours or until firm. Unmold onto serving plate.

Garnish as desired. Store leftover gelatin in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:3.65, Glycemic Load:0.49, Inflammation Score:-1, Nutrition Score:0.34739130298081%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 20.57kcal (1.03%), Fat: 0.52g (0.8%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 3.77g (1.37%), Sugar: 3.46g (3.85%), Cholesterol: 0mg (0%), Sodium: 9.24mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.61%), Manganese: 0.04mg (1.82%), Copper: 0.02mg (1.15%)