



## Individual Tomato Aspics

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

READY IN



45 min.

SERVINGS



8

CALORIES



137 kcal

SIDE DISH

## Ingredients

- 8 ounce artichoke hearts drained chopped canned
- 1 bay leaf
- 28 ounce canned tomatoes whole undrained canned
- 8 ounce water chestnuts drained sliced chopped canned
- 0.5 cup celery finely chopped
- 4 stalks celery with leaves, cut in half
- 3 envelopes gelatin powder unflavored
- 0.3 cup bell pepper green finely chopped

- 1 hard-cooked egg chopped
- 2 tablespoons juice of lemon
- 8 servings lettuce leaves
- 8 servings mayonnaise
- 3 tablespoons onion chopped
- 0.5 teaspoon paprika
- 1.5 tablespoons pimiento-stuffed olives finely chopped
- 1 teaspoon salt
- 24 ounce vegetable cocktail juice divided canned

## Equipment

- sauce pan

## Directions

- Combine tomatoes, celery stalks, onion, lemon juice, bay leaf, salt, and paprika in a large, heavy saucepan. Cover and cook over medium heat 15 minutes. Strain mixture, reserving tomato juice and discarding vegetables and bay leaf. Return tomato juice to saucepan.
- Dissolve gelatin in 1/2 cup vegetable cocktail juice, stirring well.
- Add gelatin mixture to tomato juice in saucepan.
- Add additional vegetable cocktail juice to yield 4 cups. Chill until mixture reaches the consistency of unbeaten egg whites.
- Fold in artichoke hearts, water chestnuts, egg, celery, green pepper, and olives.
- Pour mixture evenly into 8 lightly oiled 1/2-cup heart-shaped molds. Refrigerate until firm.
- Unmold aspics onto individual lettuce-lined salad plates; garnish each with a dollop of mayonnaise.

## Nutrition Facts



## Properties

Glycemic Index:30.88, Glycemic Load:3.47, Inflammation Score:-9, Nutrition Score:13.856087124866%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg, Apigenin: 0.75mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

## Nutrients (% of daily need)

Calories: 137.06kcal (6.85%), Fat: 4.27g (6.57%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 19.83g (6.61%), Net Carbohydrates: 14.81g (5.38%), Sugar: 9.54g (10.6%), Cholesterol: 24.99mg (8.33%), Sodium: 766.75mg (33.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.56g (13.11%), Vitamin A: 2929.25IU (58.58%), Vitamin C: 45.48mg (55.13%), Fiber: 5.02g (20.08%), Vitamin K: 20.07µg (19.12%), Potassium: 652.19mg (18.63%), Manganese: 0.35mg (17.29%), Copper: 0.3mg (15.07%), Vitamin B6: 0.29mg (14.53%), Iron: 2.38mg (13.22%), Vitamin E: 1.92mg (12.78%), Folate: 39.84µg (9.96%), Vitamin B2: 0.14mg (8.52%), Vitamin B3: 1.6mg (8.02%), Vitamin B1: 0.12mg (8%), Magnesium: 30.85mg (7.71%), Calcium: 76mg (7.6%), Phosphorus: 68.93mg (6.89%), Selenium: 4.26µg (6.08%), Vitamin B5: 0.52mg (5.18%), Zinc: 0.61mg (4.09%), Vitamin B12: 0.07µg (1.24%)