



Jack-o'-Lantern Gelatin



Gluten Free



Dairy Free

READY IN



275 min.

SERVINGS



4

CALORIES



214 kcal

SIDE DISH

Ingredients

- ☐ 4 large cranberry-orange relish
- ☐ 2 cups apple juice chilled
- ☐ 0.3 cup cinnamon candies red
- ☐ 3 oz cranberry-orange relish lemon-flavored
- ☐ 0.5 cup non-dairy whipped topping

Equipment

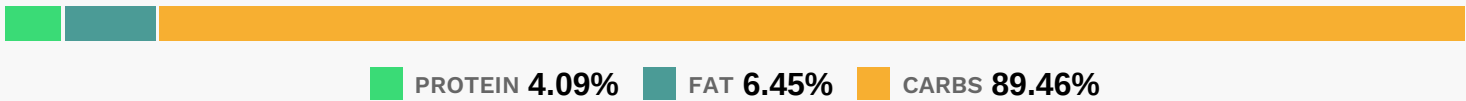
- ☐ baking sheet
- ☐ paper towels

- ☐ sauce pan
- ☐ knife

Directions

- ☐ Cut "lid" from stem end of each orange; discard lids. With spoon or fingers, scoop and scrape out flesh from each orange to within 1/4 inch of peel, being careful not to puncture peel. Reserve orange flesh for another use.
- ☐ Place orange shells on cookie sheet or tray.
- ☐ In small saucepan, combine 1 cup of the apple juice and cinnamon candies. Cook over medium-high heat until mixture comes to a boil and candies melt, stirring constantly.
- ☐ Remove from heat.
- ☐ Add gelatin; stir at least 2 minutes or until completely dissolved. Stir in remaining 1 cup cold apple juice.
- ☐ Pour evenly into orange shells. Refrigerate 4 hours.
- ☐ With small sharp knife, cut out jack-o'-lantern features into side of each orange. Carefully remove peel to reveal gelatin under features. (If gelatin does not release well, rinse paper towel in hot water and wring out; press hot towel on features to soften gelatin slightly, then remove peel.)
- ☐ To serve, top each dessert with dollop of whipped topping. If desired, sprinkle with cinnamon.

Nutrition Facts



Properties

Glycemic Index:31.44, Glycemic Load:13.81, Inflammation Score:-7, Nutrition Score:10.400434808887%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg Hesperetin: 55.93mg, Hesperetin: 55.93mg, Hesperetin: 55.93mg, Hesperetin: 55.93mg Naringenin: 31.45mg, Naringenin: 31.45mg, Naringenin: 31.45mg, Naringenin: 31.45mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.64mg, Quercetin:

1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 214.23kcal (10.71%), Fat: 1.64g (2.52%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 51.03g (17.01%), Net Carbohydrates: 45.86g (16.68%), Sugar: 42.6g (47.33%), Cholesterol: 0.19mg (0.06%), Sodium: 11.71mg (0.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.67%), Vitamin C: 110.32mg (133.72%), Fiber: 5.17g (20.7%), Folate: 61.86µg (15.46%), Potassium: 506.23mg (14.46%), Vitamin B1: 0.21mg (13.77%), Calcium: 98.68mg (9.87%), Vitamin A: 470.02IU (9.4%), Vitamin B6: 0.15mg (7.37%), Manganese: 0.14mg (7.15%), Magnesium: 27.38mg (6.85%), Vitamin B2: 0.11mg (6.57%), Vitamin B5: 0.57mg (5.74%), Copper: 0.11mg (5.41%), Phosphorus: 44.35mg (4.44%), Vitamin B3: 0.68mg (3.39%), Vitamin E: 0.43mg (2.86%), Iron: 0.36mg (2.02%), Selenium: 1.38µg (1.96%), Zinc: 0.18mg (1.19%)