



## JELL-O Cherry-Pomegranate Dessert

 Gluten Free  Dairy Free

READY IN



360 min.

SERVINGS



1

CALORIES



1215 kcal

### Ingredients

- 15 oz mandarin orange segments drained canned
- 6 oz jell-o cherry flavor gelatin
- 0.3 tsp ground cinnamon
- 0.1 tsp ground cloves
- 0.5 cup pomegranate juice cold
- 1 cup water cold
- 2 cups water boiling
- 2 cups cool whip whipped topping thawed

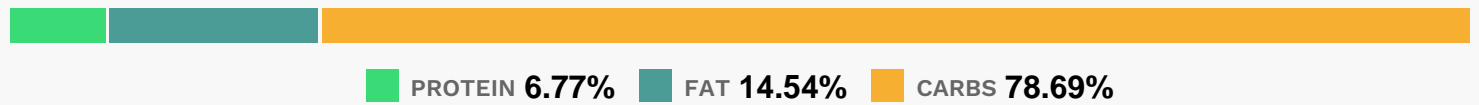
### Equipment

bowl

## Directions

- Add boiling water to gelatin mix in medium bowl; stir 2 min. until completely dissolved. Stir in cold water and juice. Refrigerate 1 to 1-1/4 hours or until thickened.
- Stir in oranges. Refrigerate 30 min. or until gelatin is set but not firm.
- Combine COOL WHIP and spices; spread over gelatin.
- Refrigerate 4 hours or until firm.

## Nutrition Facts



## Properties

Glycemic Index:5, Glycemic Load:0.01, Inflammation Score:-10, Nutrition Score:24.354782570963%

## Flavonoids

Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg, Cyanidin: 2.99mg Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

## Nutrients (% of daily need)

Calories: 1215.22kcal (60.76%), Fat: 20.22g (31.11%), Saturated Fat: 17.08g (106.72%), Carbohydrates: 246.36g (82.12%), Net Carbohydrates: 240.7g (87.53%), Sugar: 232.54g (258.38%), Cholesterol: 3mg (1%), Sodium: 969.4mg (42.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.19g (42.37%), Vitamin C: 144.31mg (174.92%), Vitamin A: 5692.52IU (113.85%), Phosphorus: 412mg (41.2%), Potassium: 1013.65mg (28.96%), Vitamin B1: 0.43mg (28.57%), Copper: 0.53mg (26.65%), Selenium: 17.11µg (24.44%), Fiber: 5.66g (22.65%), Vitamin B2: 0.36mg (20.95%), Calcium: 205.79mg (20.58%), Manganese: 0.41mg (20.42%), Magnesium: 77.56mg (19.39%), Zinc: 2.62mg (17.48%), Vitamin K: 18.32µg (17.45%), Folate: 60.85µg (15.21%), Vitamin B6: 0.27mg (13.32%), Vitamin E: 1.9mg (12.66%), Vitamin B3: 2.36mg (11.8%), Iron: 1.73mg (9.61%), Vitamin B12: 0.3µg (5%), Vitamin B5: 0.38mg (3.82%)