



Layered Fruit Congealed Salad

 Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



733 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounce cream cheese
- 2 teaspoons gelatin powder unflavored
- 0.5 cup half-and-half
- 6 ounce peach-flavored gelatin
- 1 small navel oranges
- 2 cups raspberries fresh
- 6 ounce raspberry-flavored gelatin
- 2.5 cups sugar divided

- 0.3 teaspoon vanilla extract
- 0.3 cup water cold
- 2 cups water
- 4 cups water boiling divided

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- wax paper
- microwave
- slotted spoon

Directions

- Cut orange into thin (1/8-inch-thick) slices, discarding ends.
- Stir together 2 cups water and 2 cups sugar in a large saucepan over medium-high heat. Bring to a boil, and stir until sugar dissolves. Gently stir in orange slices, and bring to a simmer; reduce heat to low, and simmer, occasionally pressing orange slices into liquid, for 40 minutes.
- Remove orange slices using a slotted spoon, and place in a single layer on wax paper; cool completely. Discard liquid in pan.
- Place 1 orange slice in bottom of each of 6 (1 1/2- to 2-cup) water glasses, discarding or reserving remaining orange slices for another use. (Orange slices will not lay flat against bottoms of glasses.) Set aside.
- Remove and discard 2 tablespoons peach-flavored gelatin from 1 package. Stir together remaining peach-flavored gelatin and 2 cups boiling water in a bowl 1 to 2 minutes or until gelatin dissolves.
- Pour about 1/3 cup peach-flavored gelatin mixture over orange slice in each glass. Chill 1 hour or until firm.
- Stir together half-and-half and 1/4 cup cold water in a medium sauce-pan.

- Sprinkle with 2 teaspoons unflavored gelatin, and stir.
- Place pan over medium heat; stir in remaining 1/2 cup sugar, and cook, stirring often, 3 to 5 minutes or until sugar and gelatin dissolve. (Do not boil).
- Remove pan from heat.
- Microwave cream cheese at MEDIUM (50% power) 45 seconds or until very soft; stir until smooth.
- Whisk cream cheese into half-and-half mixture until smooth; whisk in vanilla extract, and chill 30 minutes or until slightly cool. Spoon about 3 tablespoons cream cheese mixture in an even layer over firm peach layer in each glass; chill.
- Remove and discard 2 tablespoons raspberry-flavored gelatin from 1 package. Stir together raspberry-flavored gelatin and remaining 2 cups boiling water 1 to 2 minutes or until gelatin dissolves. Chill 45 minutes or until consistency of unbeaten egg white. Stir in raspberries, and spoon about 1/2 cup raspberry mixture in an even layer over cream cheese mixture in each glass. Cover and chill at least 2 hours or up to 24 hours.

Nutrition Facts



PROTEIN 4.85% **FAT 18.82%** **CARBS 76.33%**

Properties

Glycemic Index:20.52, Glycemic Load:59.3, Inflammation Score:-5, Nutrition Score:7.5860869055209%

Flavonoids

Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg, Naringenin: 1.66mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 732.75kcal (36.64%), Fat: 15.89g (24.44%), Saturated Fat: 9.07g (56.66%), Carbohydrates: 144.97g (48.32%), Net Carbohydrates: 141.86g (51.59%), Sugar: 137.98g (153.31%), Cholesterol: 45.24mg (15.08%), Sodium: 411.63mg (17.9%), Alcohol: 0.06g (100%), Alcohol %: 0.01% (100%), Protein: 9.21g (18.42%), Vitamin C: 24.45mg (29.64%), Phosphorus: 157.05mg (15.7%), Manganese: 0.29mg (14.52%), Vitamin A: 649.87IU (13%), Selenium: 8.8µg (12.57%), Fiber: 3.11g (12.45%), Vitamin B2: 0.2mg (11.5%), Copper: 0.19mg (9.74%), Calcium: 88.96mg (8.9%), Folate: 22.44µg (5.61%), Potassium: 181.74mg (5.19%), Magnesium: 20.7mg (5.17%), Vitamin E: 0.76mg (5.06%), Vitamin B5: 0.48mg (4.76%), Vitamin K: 4.18µg (3.98%), Vitamin B6: 0.07mg (3.62%), Zinc: 0.5mg (3.3%), Vitamin B1: 0.05mg (3.03%), Iron: 0.49mg (2.71%), Vitamin B12: 0.12µg (2.02%), Vitamin B3: 0.4mg (2.01%)