



Mandarin-Berry-Almond Floats

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



120 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons almond extract
- ☐ 11 oz mandarin orange segments chilled canned
- ☐ 1 teaspoon cardamom pods whole
- ☐ 1 envelope gelatin powder unflavored
- ☐ 8 oz cranberry-orange relish rinsed
- ☐ 1 cup raspberries fresh rinsed
- ☐ 0.8 cup sugar
- ☐ 2 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ knife
- ☐ sieve
- ☐ baking pan
- ☐ wooden spoon
- ☐ spatula
- ☐ peeler

Directions

- ☐ In a 1- to 1 1/2-quart pan, mix 1/4 cup sugar and the gelatin. Stir in 1/3 cup cold water; let stand until gelatin is soft, about 5 minutes. Stir over medium-high heat until gelatin and sugar are dissolved, about 2 minutes. Stir in milk and almond extract.
- ☐ Pour into 9-inch square baking dish or pan. Chill until firm, at least 3 hours; cover if storing longer (see notes).
- ☐ With a vegetable peeler, pare six thin 4- by 1/2-inch strips of peel from orange. Ream juice from orange and reserve. With the flat bottom of a glass, crush cardamom pods; remove and discard hulls.
- ☐ Place orange peel strips, black cardamom seeds, and remaining 1/2 cup sugar in a 1 1/2- to 2-quart pan. With a wooden spoon, crush peel and seeds with sugar.
- ☐ Add 4 cups water; stir over high heat until sugar is dissolved, about 1 minute.
- ☐ Let cool, then add reserved orange juice; cover and chill until cold, at least 1 1/2 hours.
- ☐ Pour through a fine strainer set over a large bowl.
- ☐ Cut almond gelatin into 3/4-inch squares; also run knife around pan sides. With a wide spatula, carefully lift out cubes and add to orange-cardamom syrup.
- ☐ Add raspberries and mandarin oranges with their syrup; gently mix to distribute fruit evenly.
- ☐ Serve or cover and chill until ready to serve (see notes). Ladle into small bowls or glasses.

Nutrition Facts

 **PROTEIN 9.01%**  **FAT 12.56%**  **CARBS 78.43%**

Properties

Glycemic Index:18.16, Glycemic Load:12.42, Inflammation Score:-5, Nutrition Score:5.2143477719763%

Flavonoids

Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 6.18mg, Hesperetin: 6.18mg, Hesperetin: 6.18mg, Hesperetin: 6.18mg Naringenin: 3.47mg, Naringenin: 3.47mg, Naringenin: 3.47mg, Naringenin: 3.47mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 120.47kcal (6.02%), Fat: 1.74g (2.68%), Saturated Fat: 0.92g (5.73%), Carbohydrates: 24.47g (8.16%), Net Carbohydrates: 22.72g (8.26%), Sugar: 22.62g (25.13%), Cholesterol: 5.86mg (1.95%), Sodium: 21.84mg (0.95%), Alcohol: 0.21g (100%), Alcohol %: 0.2% (100%), Protein: 2.81g (5.63%), Vitamin C: 25.82mg (31.3%), Vitamin A: 543.19IU (10.86%), Calcium: 77.21mg (7.72%), Manganese: 0.15mg (7.34%), Fiber: 1.75g (7.02%), Phosphorus: 60.04mg (6%), Vitamin B2: 0.1mg (5.65%), Vitamin B1: 0.08mg (5.27%), Potassium: 178.32mg (5.09%), Vitamin B12: 0.26µg (4.39%), Magnesium: 14.88mg (3.72%), Vitamin D: 0.54µg (3.58%), Vitamin B6: 0.06mg (3.2%), Zinc: 0.45mg (3%), Vitamin B5: 0.28mg (2.79%), Folate: 11.09µg (2.77%), Copper: 0.05mg (2.58%), Selenium: 1.56µg (2.22%), Vitamin B3: 0.33mg (1.66%), Vitamin E: 0.22mg (1.44%), Iron: 0.23mg (1.3%), Vitamin K: 1.08µg (1.03%)