



## Mandarin Orange Mold

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



250 min.

SERVINGS



10

CALORIES



101 kcal

SIDE DISH

### Ingredients

- 11 oz mandarin orange segments drained canned
- 15.3 oz tropical fruit mixed drained canned
- 3 cups ice cubes
- 6 oz jell-o orange flavor gelatin
- 1.8 cups water boiling

### Equipment

- bowl

## Directions

- Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved.
- Add ice cubes; stir until slightly thickened.
- Remove any unmelted ice.
- Add remaining ingredients; mix well.
- Pour into 6-cup mold sprayed with cooking spray.
- Refrigerate 4 hours or until firm. Unmold.

## Nutrition Facts

 **PROTEIN 6.63%**  **FAT 0.47%**  **CARBS 92.9%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:2.4482608806828%

## Nutrients (% of daily need)

Calories: 101.3kcal (5.06%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 24.66g (8.22%), Net Carbohydrates: 23.6g (8.58%), Sugar: 22.07g (24.52%), Cholesterol: 0mg (0%), Sodium: 88.61mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Vitamin C: 11.52mg (13.97%), Vitamin A: 539.7IU (10.79%), Fiber: 1.07g (4.26%), Copper: 0.08mg (4.16%), Phosphorus: 32.6mg (3.26%), Potassium: 82.08mg (2.35%), Vitamin B1: 0.03mg (2.21%), Vitamin K: 1.99µg (1.89%), Selenium: 1.26µg (1.81%), Magnesium: 7.06mg (1.76%), Vitamin B2: 0.03mg (1.59%), Vitamin B3: 0.31mg (1.55%), Zinc: 0.22mg (1.45%), Iron: 0.24mg (1.34%), Vitamin B6: 0.02mg (1.02%)