



Mango-Pomegranate Gelatin Dessert

 **Gluten Free**  **Dairy Free**

READY IN



315 min.

SERVINGS



15

CALORIES



64 kcal

Ingredients

- 6 oz jell-o lemon flavor gelatin
- 1 Tbsp lemon zest
- 1 mangos peeled chopped
- 0.5 cup pomegranate seeds
- 1.5 cups water boiling
- 1.5 cups water cold
- 0.7 cup cool whip whipped topping thawed

Equipment

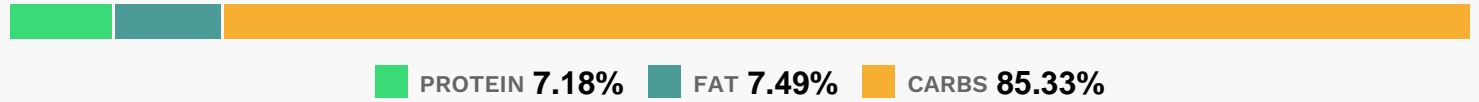
- bowl

loaf pan

Directions

- Add boiling water to gelatin mixes in large bowl; stir 2 min. until gelatin is completely dissolved.
- Add cold water, lemon zest and juice; mix well. Refrigerate 1 hour or until thickened.
- Stir in mangos and pomegranate seeds.
- Pour into 9x5-inch loaf pan sprayed with cooking spray.
- Refrigerate 4 hours or until firm. Unmold onto serving plate.
- Serve topped with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:7.92, Glycemic Load:1.5, Inflammation Score:-1, Nutrition Score:1.3430434692165%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 63.68kcal (3.18%), Fat: 0.55g (0.85%), Saturated Fat: 0.4g (2.48%), Carbohydrates: 14.21g (4.74%), Net Carbohydrates: 13.72g (4.99%), Sugar: 13.2g (14.67%), Cholesterol: 0.07mg (0.02%), Sodium: 57.94mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.39%), Vitamin C: 6.1mg (7.39%), Vitamin A: 151.98IU (3.04%), Copper: 0.05mg (2.28%), Phosphorus: 22.4mg (2.24%), Folate: 8.5µg (2.13%), Fiber: 0.48g (1.93%), Vitamin K: 1.58µg (1.51%), Selenium: 0.95µg (1.36%), Potassium: 40.89mg (1.17%), Vitamin E: 0.17mg (1.16%), Vitamin B6: 0.02mg (1.1%)