



Mango-Raspberry Layered Gelatin

 Gluten Free  Dairy Free

READY IN



255 min.

SERVINGS



16

CALORIES



101 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 sprigs mint leaves fresh
- 6 oz jell-o lemon flavor gelatin
- 2 large mangos peeled
- 1 cup raspberries fresh divided
- 6 oz jell-o raspberry flavor gelatin
- 3.5 cups water divided

Equipment

- food processor

- bowl
- whisk
- peeler

Directions

- Bring 1-1/2 cups water to boil.
- Add to raspberry gelatin mixes in medium bowl; stir 2 min. until completely dissolved. Stir in 1 cup of the remaining water; pour half into 2-qt. mold sprayed with cooking spray. Reserve 5 raspberries; add remaining to gelatin in mold. Refrigerate 30 min. or until gelatin is thickened. Cover with remaining raspberry gelatin; refrigerate 20 min. or until set but not firm.
- Bring remaining water to boil.
- Add to lemon gelatin mixes in medium bowl; stir 2 min. until completely dissolved.
- Use vegetable peeler to remove 5 (3x1-1/2-inch) strips of mango; wrap tightly. Refrigerate until ready to use. Chop remaining mango; place in food processor. Process until smooth; strain.
- Whisk strained mango into lemon gelatin until blended. Gently pour over raspberry gelatin layer in mold. Refrigerate 3 hours or until firm.
- Unmold gelatin onto plate.
- Roll up each mango strip to form cone, starting at one short end.
- Place 1 reserved raspberry in center of each cone. Use to garnish dessert along with the mint.

Nutrition Facts

■ PROTEIN 7.46% ■ FAT 1.27% ■ CARBS 91.27%

Properties

Glycemic Index:4.86, Glycemic Load:1.9, Inflammation Score:-3, Nutrition Score:2.325652198947%

Flavonoids

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Nutrients (% of daily need)

Calories: 100.52kcal (5.03%), Fat: 0.15g (0.23%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 24.03g (8.01%), Net Carbohydrates: 23.12g (8.41%), Sugar: 22.17g (24.63%), Cholesterol: 0mg (0%), Sodium: 102.04mg (4.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.93%), Vitamin C: 11.42mg (13.85%), Vitamin A: 287.75IU (5.76%), Fiber: 0.91g (3.65%), Phosphorus: 35.87mg (3.59%), Manganese: 0.07mg (3.52%), Copper: 0.07mg (3.46%), Folate: 13.48µg (3.37%), Selenium: 1.59µg (2.28%), Vitamin E: 0.3mg (1.99%), Vitamin B6: 0.04mg (1.76%), Potassium: 56.99mg (1.63%), Vitamin K: 1.67µg (1.59%), Magnesium: 5.28mg (1.32%), Vitamin B2: 0.02mg (1.28%), Vitamin B3: 0.22mg (1.11%)