



Mimosa Mold

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

READY IN



405 min.

SERVINGS



45

CALORIES



5 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 11 oz mandarin orange segments drained canned
- 2 cups club soda cold
- 0.6 oz jell-o orange flavor gelatin sugar free
- 1 cup strawberries fresh sliced
- 1.5 cups water boiling

Equipment

- bowl

Directions

- Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved. Stir in club soda. Refrigerate 1-1/2 hours or until thickened.
- Stir in fruit.
- Pour into 6-cup mold sprayed with cooking spray.
- Refrigerate 4 hours or until firm. Unmold.

Nutrition Facts



Properties

Glycemic Index:0.89, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.51826087482598%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.8mg, Pelargonidin: 0.8mg, Pelargonidin: 0.8mg, Pelargonidin: 0.8mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 5.1kcal (0.25%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0%), Carbohydrates: 1.24g (0.41%), Net Carbohydrates: 1.09g (0.4%), Sugar: 1.05g (1.17%), Cholesterol: 0mg (0%), Sodium: 4.74mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.21%), Vitamin C: 4.23mg (5.13%), Vitamin A: 91.3IU (1.83%)