



Orange Gelatin

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

READY IN



120 min.

SERVINGS



6

CALORIES



144 kcal

SIDE DISH

Ingredients

- 4.5 teaspoons gelatin powder unflavored
- 0.5 cup juice of lemon
- 1 teaspoon lemon zest grated
- 1.8 cups orange juice
- 2 teaspoons orange zest grated
- 1 pinch salt
- 1 cup water boiling
- 0.8 cup sugar white

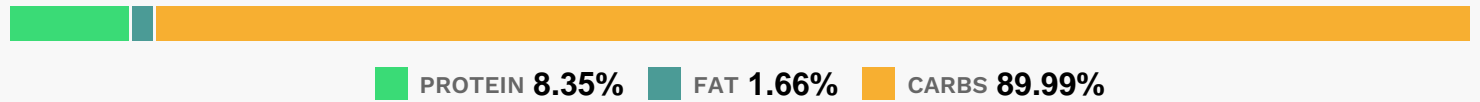
Equipment

bowl

Directions

- In a medium bowl, soak gelatin in cold water for 5 minutes.
- Add boiling water, stirring until gelatin dissolves.
- To 3 tablespoons of the orange juice add the orange and lemon zest; set aside for 5 minutes.
- Strain the zest out of the orange juice and discard the zest. To the gelatin add all of the orange juice, sugar, lemon juice and salt. Stir until well blended and set aside to cool.
- Pour cooled mixture into a 4-cup mold which has been rinsed in cold water. Cover and refrigerate to congeal.

Nutrition Facts



Properties

Glycemic Index:20.35, Glycemic Load:21.29, Inflammation Score:-3, Nutrition Score:4.3039130623574%

Flavonoids

Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 11.59mg, Hesperetin: 11.59mg, Hesperetin: 11.59mg, Hesperetin: 11.59mg Naringenin: 1.83mg, Naringenin: 1.83mg, Naringenin: 1.83mg, Naringenin: 1.83mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 144.13kcal (7.21%), Fat: 0.28g (0.43%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 34.05g (11.35%), Net Carbohydrates: 33.73g (12.27%), Sugar: 31.55g (35.06%), Cholesterol: 0mg (0%), Sodium: 15.53mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Vitamin C: 45.37mg (55%), Folate: 26.91µg (6.73%), Copper: 0.11mg (5.44%), Potassium: 168.54mg (4.82%), Vitamin B1: 0.07mg (4.78%), Vitamin A: 148.85IU (2.98%), Magnesium: 10.43mg (2.61%), Vitamin B2: 0.04mg (2.19%), Selenium: 1.44µg (2.05%), Vitamin B6: 0.04mg (2.01%), Vitamin B5: 0.17mg (1.72%), Vitamin B3: 0.32mg (1.59%), Phosphorus: 15.27mg (1.53%), Calcium: 13.78mg (1.38%), Fiber: 0.31g (1.25%), Iron: 0.21mg (1.19%)