



Passion-Cherry Gelatin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



200 kcal

SIDE DISH

Ingredients

- ☐ 6 ounce cherry-flavored gelatin
- ☐ 16 ounce tropical fruit salad in syrup and passionfruit juice light undrained canned (such as Dole)
- ☐ 2 cups ice cubes divided
- ☐ 6 ounce peach-passionfruit-flavored gelatin
- ☐ 16.5 ounce cherries dark sweet pitted halved drained canned
- ☐ 1.3 cups water cold divided
- ☐ 3 cups water boiling divided

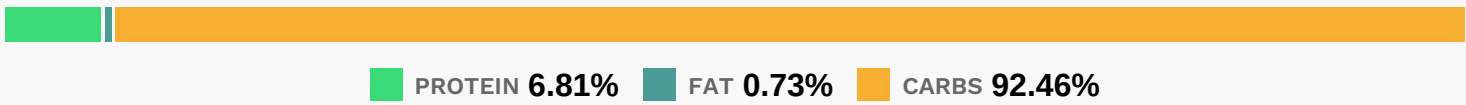
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ colander

Directions

- ☐ Combine cherry-flavored gelatin and 1 1/2 cups boiling water in a bowl; stir until gelatin dissolves (about 3 minutes).
- ☐ Add 1 cup cold water and 1 cup ice cubes; stir until ice melts. Chill until the consistency of unbeaten egg white (about 10 to 15 minutes). Fold in cherries; pour into a 13 x 9-inch baking dish. Cover and chill until set but not firm (about 30 minutes).
- ☐ Drain fruit salad in a colander over a bowl, reserving 2/3 cup juice.
- ☐ Combine peach-passionfruit-flavored gelatin and 1 1/2 cups boiling water in a bowl; stir until gelatin dissolves (about 3 minutes).
- ☐ Add the reserved juice, 1/3 cup cold water, and 1 cup ice cubes; stir until ice melts. Chill until the consistency of unbeaten egg white (about 10 to 15 minutes). Fold in fruit salad, and spoon over cherry mixture. Chill until firm (about 8 hours).
- ☐ Note: You can substitute sugar-free gelatin for the regular variety. For a 6-ounce box of regular, substitute the 6-ounce box of sugar free. For the 3-ounce box of regular, substitute the 3-ounce box of sugar free.

Nutrition Facts



Properties

Glycemic Index:6.97, Glycemic Load:3.87, Inflammation Score:-1, Nutrition Score:2.2347826270953%

Flavonoids

Cyanidin: 15.71mg, Cyanidin: 15.71mg, Cyanidin: 15.71mg, Cyanidin: 15.71mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.78mg, Peonidin: 0.78mg, Peonidin: 0.78mg, Peonidin: 0.78mg Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg, Catechin: 2.9mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 4.97mg, Epicatechin: 4.97mg, Epicatechin: 4.97mg, Epicatechin: 4.97mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 199.94kcal (10%), Fat: 0.17g (0.26%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 48.22g (16.07%), Net Carbohydrates: 47.03g (17.1%), Sugar: 44.02g (48.92%), Cholesterol: 0mg (0%), Sodium: 186.49mg (8.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.1%), Phosphorus: 67.74mg (6.77%), Copper: 0.11mg (5.42%), Vitamin C: 4.09mg (4.96%), Potassium: 168.93mg (4.83%), Fiber: 1.19g (4.77%), Manganese: 0.08mg (3.89%), Selenium: 2.58µg (3.69%), Magnesium: 10.66mg (2.66%), Vitamin B2: 0.04mg (2.42%), Vitamin B6: 0.03mg (1.75%), Vitamin B1: 0.03mg (1.72%), Calcium: 16.92mg (1.69%), Iron: 0.3mg (1.65%), Vitamin B5: 0.13mg (1.33%), Vitamin K: 1.09µg (1.04%)