



Pomegranate Gelatin with Fruit

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



69 kcal

SIDE DISH

Ingredients

- 2 envelopes gelatin powder unflavored
- 3 tablespoons honey
- 2 cups pomegranate juice divided
- 1 cup strawberries coarsely chopped

Equipment

- bowl
- sauce pan
- whisk

Directions

- Sprinkle gelatin over 1/2 cup pomegranate juice in a medium bowl.
- Let stand 1 minute.
- While gelatin mixture stands, combine remaining 1 1/2 cups pomegranate juice and honey into a small saucepan. Bring to a boil.
- Add boiling juice mixture to gelatin mixture, stirring with a whisk until gelatin dissolves.
- Pour gelatin mixture into an 8-inch square dish; refrigerate 20 minutes or until the consistency of unbeaten egg white. Stir in strawberries. Refrigerate 40 minutes or until firm.
- Serve a spoonful in a small bowl.
- Cut the gelatin into bite-sized pieces.

Nutrition Facts

 **PROTEIN 9.49%**  **FAT 2.91%**  **CARBS 87.6%**

Properties

Glycemic Index:11.53, Glycemic Load:3.79, Inflammation Score:-1, Nutrition Score:2.4913043162745%

Flavonoids

Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg, Delphinidin: 0.56mg Pelargonidin: 4.53mg, Pelargonidin: 4.53mg, Pelargonidin: 4.53mg, Pelargonidin: 4.53mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 69.18kcal (3.46%), Fat: 0.24g (0.36%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 16.03g (5.34%), Net Carbohydrates: 15.59g (5.67%), Sugar: 15.19g (16.88%), Cholesterol: 0mg (0%), Sodium: 9.53mg (0.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.47%), Vitamin C: 10.69mg (12.95%), Manganese: 0.14mg (6.84%), Vitamin K: 6.87µg (6.54%), Folate: 19.94µg (4.99%), Potassium: 165.13mg (4.72%), Copper: 0.06mg (3.12%), Vitamin B5: 0.21mg (2.07%), Vitamin E: 0.29mg (1.92%), Magnesium: 7.24mg (1.81%), Vitamin B6: 0.04mg (1.77%), Fiber: 0.44g (1.75%), Selenium: 1.01µg (1.45%), Phosphorus: 12.16mg (1.22%), Vitamin B2: 0.02mg (1.2%), Vitamin B3: 0.23mg (1.13%), Calcium: 11.16mg (1.12%), Iron: 0.19mg (1.05%)