



Pomegranate Passion

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce cream sour low-fat
- ☐ 1 envelope gelatin powder unflavored
- ☐ 1 tablespoon juice of lime
- ☐ 1.5 cups vanilla ice cream low-fat softened
- ☐ 0.8 cup pomegranate juice
- ☐ 0.3 cup pomegranate seeds
- ☐ 0.5 cup pomegranate syrup
- ☐ 0.5 cup sugar

☐ 0.5 cup water boiling

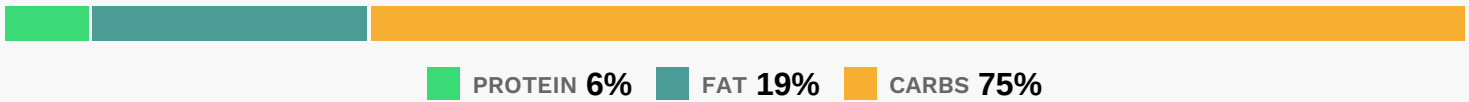
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ spatula

Directions

- ☐ Sprinkle gelatin over Pomegranate Juice in a large bowl; let stand 2 minutes.
- ☐ Add sugar and boiling water, and stir until sugar dissolves.
- ☐ Add ice cream, lime juice, and sour cream; stir well with a whisk.
- ☐ Pour into 8 (6-ounce) custard cups or ramekins; chill 4 hours or until firm.
- ☐ Spoon 1 tablespoon Pomegranate Syrup into each of 8 shallow bowls. Loosen the edges of custards with a knife or rubber spatula; invert custards onto bowls.
- ☐ Sprinkle evenly with seeds.

Nutrition Facts



Properties

Glycemic Index:34.14, Glycemic Load:25.61, Inflammation Score:-2, Nutrition Score:2.9543478022451%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallocatechin: 0.01mg,

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Nutrients (% of daily need)

Calories: 211.84kcal (10.59%), Fat: 4.55g (7%), Saturated Fat: 2.73g (17.07%), Carbohydrates: 40.43g (13.48%), Net Carbohydrates: 40.11g (14.58%), Sugar: 31.82g (35.36%), Cholesterol: 17.62mg (5.87%), Sodium: 54.89mg (2.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Calcium: 91.45mg (9.15%), Vitamin B2: 0.12mg (7.03%), Phosphorus: 55.3mg (5.53%), Potassium: 189.62mg (5.42%), Vitamin A: 221.6IU (4.43%), Vitamin B12: 0.25µg (4.22%), Vitamin K: 3.54µg (3.37%), Folate: 12.83µg (3.21%), Selenium: 2.09µg (2.98%), Zinc: 0.42mg (2.8%), Magnesium: 10.36mg (2.59%), Copper: 0.05mg (2.51%), Vitamin B1: 0.03mg (2.27%), Vitamin B5: 0.23mg (2.26%), Vitamin C: 1.71mg (2.07%), Vitamin E: 0.24mg (1.62%), Vitamin B6: 0.03mg (1.62%), Manganese: 0.03mg (1.57%), Fiber: 0.32g (1.29%)