



Raspberry-Chocolate Gelatin



Gluten Free



Low Fod Map

READY IN



225 min.

SERVINGS



9

CALORIES



191 kcal

SIDE DISH

Ingredients

- 6 teaspoons gelatin powder unflavored (three)
- 0.7 cup half-and-half
- 3 cups raspberries plus more for topping
- 2 ounces bittersweet chocolate finely chopped
- 1 cup sugar
- 9 servings whipped cream for topping

Equipment

- bowl

- sauce pan
- sieve
- blender

Directions

- Puree the raspberries with 3/4 cup sugar and 1/3 cup water in a blender.
- Pour through a fine-mesh sieve into a bowl.
- Bring half of the raspberry puree to a boil in a small saucepan over medium heat.
- Sprinkle 4 teaspoons gelatin over 1/2 cup cold water in a medium bowl; let stand 1 minute. Stir in the hot raspberry puree until the gelatin dissolves, then stir in the remaining raspberry puree.
- Spray nine 5-ounce paper cups with cooking spray. Fill each cup about three-quarters full with the raspberry gelatin mixture. Refrigerate until the gelatin starts setting but the surface is still tacky, about 45 minutes.
- Meanwhile, bring the half-and-half and the remaining 1/4 cup sugar to a boil in a small saucepan, stirring until the sugar dissolves.
- Add the chocolate, reduce the heat to low and cook, stirring, until smooth.
- Sprinkle the remaining 2 teaspoons gelatin over 1/2 cup cold water in a medium bowl; let stand 1 minute.
- Pour in the chocolate mixture and stir until the gelatin dissolves.
- Pour the chocolate gelatin mixture into the cups on top of the raspberry gelatin and refrigerate until fully set, about 3 hours.
- Unmold the gelatin: Invert the cups onto plates and carefully tear off the paper. Top with whipped cream and raspberries.
- Photograph by Jonathan Kantor

Nutrition Facts



PROTEIN 7.89% **FAT 27.95%** **CARBS 64.16%**

Properties

Glycemic Index:16.79, Glycemic Load:16.49, Inflammation Score:-2, Nutrition Score:4.5673913139364%

Flavonoids

Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 190.67kcal (9.53%), Fat: 6.14g (9.45%), Saturated Fat: 3.49g (21.8%), Carbohydrates: 31.72g (10.57%), Net Carbohydrates: 28.61g (10.4%), Sugar: 27.48g (30.53%), Cholesterol: 11.21mg (3.74%), Sodium: 17.89mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.42mg (1.81%), Protein: 3.9g (7.8%), Manganese: 0.36mg (17.77%), Vitamin C: 10.64mg (12.9%), Fiber: 3.1g (12.42%), Copper: 0.18mg (8.8%), Magnesium: 22.93mg (5.73%), Phosphorus: 51.39mg (5.14%), Calcium: 40.84mg (4.08%), Iron: 0.73mg (4.04%), Vitamin B2: 0.07mg (3.96%), Vitamin K: 3.92µg (3.73%), Potassium: 129.47mg (3.7%), Selenium: 2.45µg (3.5%), Vitamin E: 0.47mg (3.12%), Zinc: 0.43mg (2.89%), Folate: 9.92µg (2.48%), Vitamin A: 120.91IU (2.42%), Vitamin B5: 0.22mg (2.24%), Vitamin B6: 0.04mg (1.79%), Vitamin B3: 0.32mg (1.59%), Vitamin B1: 0.02mg (1.54%), Vitamin B12: 0.06µg (1.05%)