



Raspberry Gelatin with Nectarines

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



125 kcal

SIDE DISH

Ingredients

- ☐ 1 envelope gelatin powder unflavored
- ☐ 6 servings lightly whipped cream sweetened
- ☐ 0.5 cup nectarines diced peeled finely
- ☐ 4 half-pints raspberries
- ☐ 0.5 cup sugar
- ☐ 1 cup water

Equipment

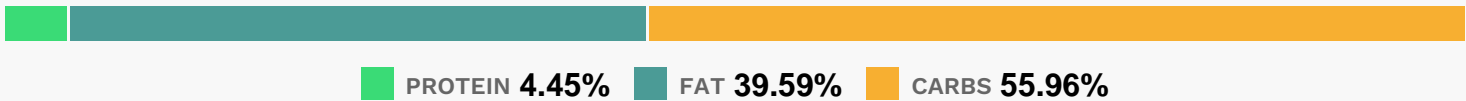
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ potato masher
- ☐ spatula

Directions

- ☐ In a medium saucepan, combine the raspberries with the water and cook over moderately high heat, crushing the berries with a potato masher or a fork, until very juicy, 5 to 6 minutes.
- ☐ Pour the hot berries into a fine stainless-steel sieve set over a medium bowl and let drain.
- ☐ Gently stir the berry mixture, scraping it up from the bottom of the sieve with a spatula; don't press on the solids or the gelatin will be cloudy. You should have 2 cups of juice. Stir in the sugar until dissolved and let cool.
- ☐ Transfer 1/4 cup of the raspberry juice to a small bowl.
- ☐ Sprinkle the gelatin over the juice and let stand until the gelatin is evenly moistened.
- ☐ In a small skillet, warm the gelatin mixture over moderate heat just until the gelatin melts. Stir the mixture into the remaining raspberry juice in the medium bowl and pour it into 6 wineglasses. Refrigerate until barely set, about 1 hour. Gently stir in the fruit and refrigerate until firm, about 1 hour longer.
- ☐ Garnish with whipped cream.

Nutrition Facts



Properties

Glycemic Index:18.85, Glycemic Load:12.03, Inflammation Score:-1, Nutrition Score:0.70043479116715%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 125.35kcal (6.27%), Fat: 5.71g (8.79%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 18.17g (6.06%), Net Carbohydrates: 17.99g (6.54%), Sugar: 18.68g (20.76%), Cholesterol: 20.78mg (6.93%), Sodium: 12.08mg (0.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.89%), Vitamin A: 259.42IU (5.19%), Copper: 0.04mg (2.13%), Calcium: 13.44mg (1.34%)