



Raspberry-Tomato Aspic

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



10

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 bay leaf
- 10 servings chicken salad
- 0.1 teaspoon rosemary dried crushed
- 2 tablespoons mint leaves fresh finely chopped
- 1 envelope gelatin powder unflavored
- 2 tablespoons juice of lemon fresh
- 1 sprigs garnishes: mint lemon fresh
- 3 ounce raspberry-flavored gelatin

- 2 tablespoons red wine vinegar
- 10 servings shrimp salad
- 2 tablespoons sugar
- 1.7 cups sacramento tomato juice
- 0.5 cup water cold
- 10 servings or
- 10 servings or

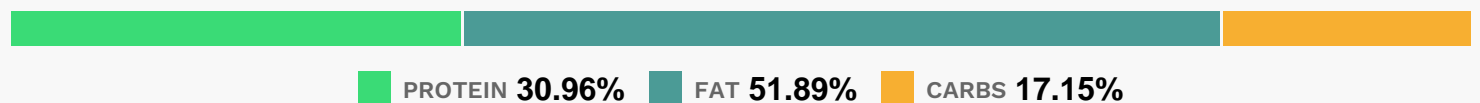
Equipment

- sauce pan
- mixing bowl
- sieve

Directions

- Bring tomato juice and next 6 ingredients to a boil in a large saucepan; reduce heat, and simmer 5 minutes.
- Pour tomato juice mixture through a wire-mesh strainer into a large mixing bowl, discarding solids.
- Sprinkle unflavored gelatin over 1/2 cup cold water; let stand 1 minute. Stir softened gelatin mixture into tomato juice mixture, stirring until gelatin dissolves.
- Prepare raspberry-flavored gelatin according to package directions; do not chill.
- Add to tomato juice mixture, stirring until combined.
- Pour mixture into 10 (6-ounce) punch cups; chill 8 hours or until firm.
- Garnish, if desired.
- Serve with Chicken or Shrimp Salad.

Nutrition Facts



Properties

Glycemic Index:17.14, Glycemic Load:2.16, Inflammation Score:-4, Nutrition Score:9.1186954871468%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 286.98kcal (14.35%), Fat: 16.39g (25.21%), Saturated Fat: 4.68g (29.28%), Carbohydrates: 12.19g (4.06%), Net Carbohydrates: 11.93g (4.34%), Sugar: 11.23g (12.48%), Cholesterol: 82.97mg (27.66%), Sodium: 123.41mg (5.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22g (44%), Vitamin B3: 7.67mg (38.37%), Selenium: 16.61µg (23.72%), Vitamin B6: 0.43mg (21.38%), Phosphorus: 182.45mg (18.24%), Vitamin C: 10.68mg (12.94%), Vitamin B5: 1.1mg (10.98%), Zinc: 1.51mg (10.09%), Vitamin B2: 0.15mg (8.92%), Potassium: 311.72mg (8.91%), Vitamin A: 381.38IU (7.63%), Magnesium: 28.13mg (7.03%), Iron: 1.25mg (6.94%), Vitamin B1: 0.09mg (5.75%), Copper: 0.11mg (5.62%), Vitamin B12: 0.34µg (5.6%), Folate: 16.94µg (4.24%), Manganese: 0.07mg (3.31%), Vitamin E: 0.46mg (3.06%), Vitamin K: 2.56µg (2.44%), Calcium: 20.73mg (2.07%), Vitamin D: 0.22µg (1.45%), Fiber: 0.26g (1.04%)