

Red-White-and-Blue Berry Delight

 Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



154 kcal

SIDE DISH

Ingredients

- 2 cups blueberries fresh
- 4 cups 1/4 cup dried cranberry (juice sweetened if possible) white divided
- 2 envelopes gelatin powder unflavored
- 0.5 cup cup heavy whipping cream
- 1 tablespoon juice of lemon
- 2 cups strawberries fresh halved
- 1 tablespoon sugar
- 0.3 teaspoon vanilla extract

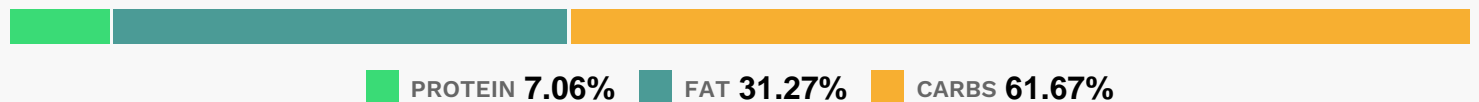
Equipment

- bowl
- sauce pan

Directions

- In a large saucepan, combine sugar and gelatin.
- Add 1 cup cranberry-peach juice; cook and stir over low heat until gelatin is completely dissolved, about 5 minutes.
- Remove from the heat; stir in lemon juice and remaining cranberry-peach juice.
- Place strawberries in an 8-cup ring mold coated with cooking spray; add 2 cups gelatin mixture. Refrigerate until set but not firm, about 30 minutes. Set aside remaining gelatin mixture.
- Stir blueberries into remaining gelatin mixture; spoon over strawberry layer. Refrigerate overnight. Unmold onto a serving platter.
- In a small bowl, beat cream until it begins to thicken.
- Add sugar and vanilla; beat until stiff peaks form.
- Serve with gelatin.

Nutrition Facts



Properties

Glycemic Index:25.76, Glycemic Load:12.23, Inflammation Score:-5, Nutrition Score:6.5786955369555%

Flavonoids

Cyanidin: 3.73mg, Cyanidin: 3.73mg, Cyanidin: 3.73mg, Cyanidin: 3.73mg Petunidin: 11.71mg, Petunidin: 11.71mg, Petunidin: 11.71mg, Petunidin: 11.71mg Delphinidin: 13.22mg, Delphinidin: 13.22mg, Delphinidin: 13.22mg, Delphinidin: 13.22mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 7.53mg, Peonidin: 7.53mg, Peonidin: 7.53mg, Peonidin: 7.53mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3-gallate:

0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg
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Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol:
0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.12mg,
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Luteolin: 0.07mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin:
0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin:
3.24mg, Quercetin: 3.24mg Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin: 0.06mg, Gallocatechin:
0.06mg

Nutrients (% of daily need)

Calories: 153.79kcal (7.69%), Fat: 5.78g (8.89%), Saturated Fat: 3.45g (21.57%), Carbohydrates: 25.62g (8.54%), Net
Carbohydrates: 23.88g (8.69%), Sugar: 22.75g (25.27%), Cholesterol: 16.81mg (5.6%), Sodium: 10.75mg (0.47%),
Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Protein: 2.94g (5.87%), Vitamin C: 37.34mg (45.26%), Vitamin K:
14.86µg (14.15%), Manganese: 0.27mg (13.29%), Vitamin E: 1.97mg (13.15%), Copper: 0.15mg (7.39%), Fiber: 1.74g
(6.96%), Vitamin A: 300IU (6%), Potassium: 197.53mg (5.64%), Vitamin B6: 0.11mg (5.41%), Vitamin B2: 0.08mg
(4.62%), Magnesium: 16.04mg (4.01%), Phosphorus: 38.99mg (3.9%), Folate: 13.62µg (3.41%), Iron: 0.6mg (3.36%),
Calcium: 29.02mg (2.9%), Vitamin B1: 0.04mg (2.51%), Vitamin B3: 0.42mg (2.11%), Selenium: 1.46µg (2.08%), Zinc:
0.28mg (1.84%), Vitamin D: 0.24µg (1.59%), Vitamin B5: 0.13mg (1.33%)