

Sangria" Fruit Cups

 Gluten Free  Dairy Free

READY IN



260 min.

SERVINGS



8

CALORIES



138 kcal

SIDE DISH

Ingredients

- 3 oz jell-o lemon flavor gelatin
- 1 nectarines peeled sliced
- 1 cup orange juice
- 8 strawberries quartered
- 3 oz jell-o strawberry flavor gelatin
- 1 cup cherries fresh sweet pitted halved
- 1.5 cups water cold
- 1 cup cool whip whipped topping thawed

Equipment

bowl

Directions

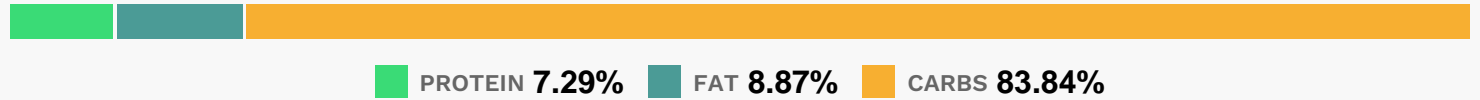
Bring orange juice to boil.

Add to combined dry gelatin mixes in medium bowl; stir 2 min. until completely dissolved. Stir in cold water.

Spoon fruit into 8 clear cups; cover with gelatin.

Refrigerate 4 hours or until firm. Top with COOL WHIP just before serving.

Nutrition Facts



Properties

Glycemic Index:19.63, Glycemic Load:3.03, Inflammation Score:-3, Nutrition Score:3.4382608688396%

Flavonoids

Cyanidin: 5.79mg, Cyanidin: 5.79mg, Cyanidin: 5.79mg, Cyanidin: 5.79mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.03mg, Pelargonidin: 3.03mg, Pelargonidin: 3.03mg, Pelargonidin: 3.03mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg, Catechin: 1.65mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg, Epicatechin: 1.36mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 137.59kcal (6.88%), Fat: 1.41g (2.17%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 29.99g (10%), Net Carbohydrates: 29.06g (10.57%), Sugar: 27.31g (30.34%), Cholesterol: 0.19mg (0.06%), Sodium: 110.79mg (4.82%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin C: 24.28mg (29.43%), Phosphorus: 53.3mg (5.33%), Potassium: 152.86mg (4.37%), Copper: 0.08mg (3.87%), Manganese: 0.07mg (3.73%), Fiber: 0.93g (3.72%), Folate: 14.85µg (3.71%), Vitamin B1: 0.04mg (2.93%), Vitamin A: 140.35IU (2.81%), Magnesium: 9.99mg (2.5%), Selenium: 1.73µg (2.47%), Vitamin B2: 0.04mg (2.33%), Vitamin B3: 0.41mg (2.03%), Calcium: 16.55mg (1.66%), Vitamin B6: 0.03mg (1.65%), Iron: 0.26mg (1.46%), Vitamin B5: 0.14mg (1.44%), Vitamin E: 0.21mg (1.43%), Vitamin K: 1.31µg (1.25%)