

Sangria Jell-O Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



284 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 servings grapes
- ☐ 7 ounces grapes green seedless halved lengthwise
- ☐ 0.3 cup juice of lemon fresh
- ☐ 6 ounce jell-o brand lime flavor gelatin
- ☐ 1 slices cranberry-orange relish
- ☐ 1 cup orange juice chilled
- ☐ 3 large cranberry-orange relish
- ☐ 1.8 cups red wine fruity

☐ 1 cup strawberries hulled sliced

Equipment

☐ bowl

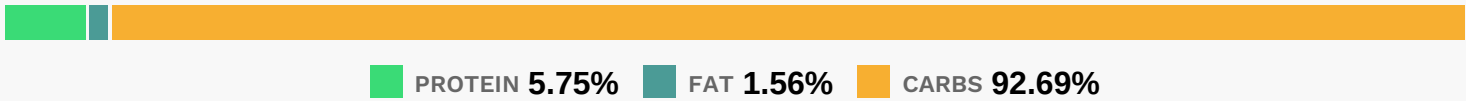
☐ sauce pan

☐ knife

Directions

- ☐ Lightly oil 6-cup ring mold.
- ☐ Place raspberry Jell-O in large bowl. Bring wine to simmer in small saucepan.
- ☐ Add wine to Jell-O and stir until Jell-O is dissolved, about 2 minutes. Stir in orange juice and lemon juice.
- ☐ Place bowl in larger bowl filled with ice and water. Cool until Jell-O begins to set slightly, stirring occasionally, about 20 minutes.
- ☐ Meanwhile, grate 1 tablespoon peel from oranges.
- ☐ Cut remaining peel and white pith from oranges; discard.
- ☐ Cut between membranes; release segments.
- ☐ Add orange segments and peel, 1 cup grapes and 1 cup strawberries to Jell-O; stir to blend well.
- ☐ Pour mixture into mold. Chill at least 6 hours or overnight.
- ☐ Run knife around mold sides to loosen Jell-O.
- ☐ Place mold in bowl filled with enough hot water to come halfway up sides of mold for 30 seconds.
- ☐ Place platter atop mold; invert Jell-O onto platter.
- ☐ Garnish with additional fruit.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:17.02, Inflammation Score:-7, Nutrition Score:11.384782547536%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 1.06mg, Petunidin: 1.06mg, Petunidin: 1.06mg, Petunidin: 1.06mg Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg, Delphinidin: 1.11mg Malvidin: 7.27mg, Malvidin: 7.27mg, Malvidin: 7.27mg, Malvidin: 7.27mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg Catechin: 4.31mg, Catechin: 4.31mg, Catechin: 4.31mg, Catechin: 4.31mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 2.07mg, Epicatechin: 2.07mg, Epicatechin: 2.07mg, Epicatechin: 2.07mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 24.42mg, Hesperetin: 24.42mg, Hesperetin: 24.42mg, Hesperetin: 24.42mg Naringenin: 12.58mg, Naringenin: 12.58mg, Naringenin: 12.58mg, Naringenin: 12.58mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 284.33kcal (14.22%), Fat: 0.46g (0.71%), Saturated Fat: 0.11g (0.66%), Carbohydrates: 61.39g (20.46%), Net Carbohydrates: 57.89g (21.05%), Sugar: 52.29g (58.1%), Cholesterol: 0mg (0%), Sodium: 104.76mg (4.55%), Alcohol: 5.57g (100%), Alcohol %: 2% (100%), Protein: 3.81g (7.62%), Vitamin C: 71.5mg (86.67%), Vitamin K: 22.65µg (21.58%), Potassium: 581.65mg (16.62%), Fiber: 3.5g (14%), Copper: 0.28mg (13.89%), Manganese: 0.27mg (13.56%), Vitamin B1: 0.2mg (13.53%), Vitamin B6: 0.23mg (11.33%), Vitamin B2: 0.17mg (10.19%), Folate: 40.55µg (10.14%), Phosphorus: 92.32mg (9.23%), Magnesium: 30.56mg (7.64%), Vitamin A: 324.39IU (6.49%), Iron: 1.02mg (5.69%), Calcium: 54.97mg (5.5%), Vitamin B3: 0.8mg (4.01%), Vitamin B5: 0.36mg (3.62%), Vitamin E: 0.49mg (3.27%), Selenium: 2.14µg (3.06%), Zinc: 0.28mg (1.83%)