



Savory Coeur à la Crème

 Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce nonfat cream cheese softened
- ☐ 1 envelope gelatin powder unflavored
- ☐ 8 ounce cream cheese softened reduced-fat
- ☐ 0.5 cup port sweet
- ☐ 1 ounce salad dressing mix dry ranch-flavored
- ☐ 0.3 cup water cold
- ☐ 2 tablespoons onion fresh yellow grated
- ☐ 32 ounce carton yogurt plain low-fat

Equipment

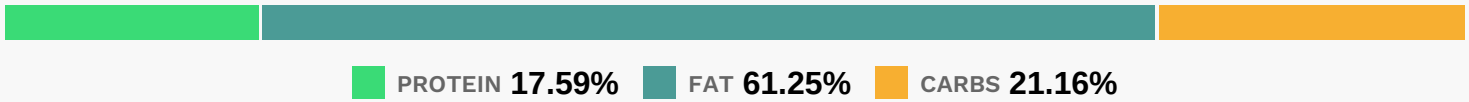
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ cake form
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Place a colander in a 2-quart glass measure or bowl. Line colander with 4 layers of cheesecloth, letting cheesecloth hang over the edge of colander. Spoon the yogurt into colander. Cover loosely with plastic wrap; refrigerate 12 hours. Spoon drained yogurt into a bowl, and set aside; discard cheesecloth and liquid.
- ☐ Moisten another 3 layers of cheesecloth in wine; squeeze excess wine from cheesecloth until barely damp, reserving 2 tablespoons of wine. Line a 4-cup gelatin mold or heart-shaped cake pan with the dampened cheesecloth, letting cheesecloth hang over edge of mold, and set aside.
- ☐ Combine reserved 2 tablespoons of wine, grated onion, cream cheeses, and salad dressing mix in a large bowl; beat at low speed of a mixer until smooth. Stir in drained yogurt; set aside.
- ☐ Sprinkle gelatin over water in a small saucepan; let stand 1 minute. Cook over low heat, stirring until gelatin dissolves.
- ☐ Remove from heat; let cool slightly. Stir 2 tablespoons yogurt mixture into gelatin mixture with a wire whisk.
- ☐ Add gelatin mixture to remaining yogurt mixture, stirring well.
- ☐ Spoon yogurt mixture into prepared mold. Fold cheesecloth over top of yogurt mixture, and chill up to 24 hours (mixture will get a rubbery texture if chilled more than 24 hours).
- ☐ To serve, unfold cheesecloth, and invert mold onto a serving plate; discard cheesecloth.
- ☐ Garnish with fresh herbs, if desired.

Serve with heart-shaped lahvosh or plain crackers.

Nutrition Facts



Properties

Glycemic Index:2.16, Glycemic Load:0.13, Inflammation Score:-1, Nutrition Score:1.9630434665343%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.52mg, Malvidin: 0.52mg, Malvidin: 0.52mg, Malvidin: 0.52mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 63.21kcal (3.16%), Fat: 4.15g (6.38%), Saturated Fat: 2.39g (14.92%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 3.22g (1.17%), Sugar: 2.82g (3.13%), Cholesterol: 12.69mg (4.23%), Sodium: 77.04mg (3.35%), Alcohol: 0.4g (100%), Alcohol %: 1.01% (100%), Protein: 2.68g (5.36%), Calcium: 69.98mg (7%), Phosphorus: 60.44mg (6.04%), Vitamin B2: 0.09mg (5.41%), Vitamin B12: 0.24µg (3.99%), Vitamin A: 149.17IU (2.98%), Potassium: 99.65mg (2.85%), Selenium: 1.94µg (2.78%), Vitamin B5: 0.27mg (2.7%), Zinc: 0.34mg (2.24%), Magnesium: 6.65mg (1.66%), Folate: 5.32µg (1.33%), Vitamin B6: 0.02mg (1.23%), Vitamin B1: 0.02mg (1.18%)