



Sparkling Berry Mold

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

READY IN



350 min.

SERVINGS



50

CALORIES



16 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup blueberries
- 1 pkg jell-o cherry flavor gelatin sugar free (8-serving size)
- 1.5 cups club soda cold
- 2 cups reduced calorie cranberry juice cocktail boiling
- 0.3 cup crème de cassis
- 1 tsp juice of lemon
- 1 cup raspberries
- 1 cup strawberries sliced

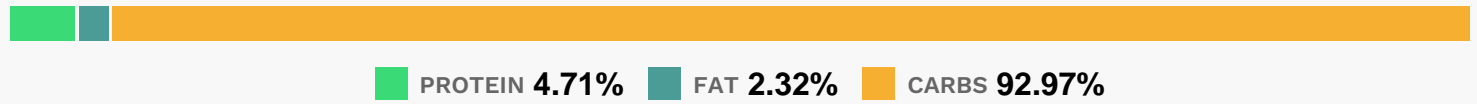
Equipment

- bowl

Directions

- Stir boiling juice into gelatin in large bowl 2 minutes until completely dissolved. Stir in cold club soda, liqueur and lemon juice. Refrigerate about 1-1/2 hours or until thickened (spoon drawn through leaves definite impression).
- Toss berries gently. Stir in 2 cups of the berries. Spoon into 6-cup mold or bowl sprayed with cooking spray; cover. Refrigerate 4 hours or until firm.
- Unmold.
- Garnish with remaining 1 cup berries.

Nutrition Facts



Properties

Glycemic Index:3.32, Glycemic Load:1.06, Inflammation Score:-1, Nutrition Score:0.73391302156708%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Petunidin: 0.94mg, Petunidin: 0.94mg, Petunidin: 0.94mg, Petunidin: 0.94mg Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg Malvidin: 2mg, Malvidin: 2mg, Malvidin: 2mg, Malvidin: 2mg Pelargonidin: 0.74mg, Pelargonidin: 0.74mg, Pelargonidin: 0.74mg, Pelargonidin: 0.74mg Peonidin: 0.65mg, Peonidin: 0.65mg, Peonidin: 0.65mg, Peonidin: 0.65mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 16.42kcal (0.82%), Fat: 0.04g (0.07%), Saturated Fat: 0g (0.02%), Carbohydrates: 4g (1.33%), Net Carbohydrates: 3.72g (1.35%), Sugar: 3.37g (3.74%), Cholesterol: 0mg (0%), Sodium: 9.84mg (0.43%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 0.2g (0.41%), Vitamin C: 6.93mg (8.4%), Manganese: 0.04mg (2.12%), Fiber: 0.28g (1.14%)