

# Sparkling Black Cherry Ice



Gluten Free



Dairy Free



Low Fod Map

READY IN



200 min.

SERVINGS



20

CALORIES



17 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 pkg jell-o cherry flavor gelatin black sugar free (4-serving size)
- 3 Tbsp juice of lemon freshly squeezed
- 0.5 tsp lemon zest grated
- 1 cup seltzer black cold cherry-flavored
- 1 cup water boiling

## Equipment

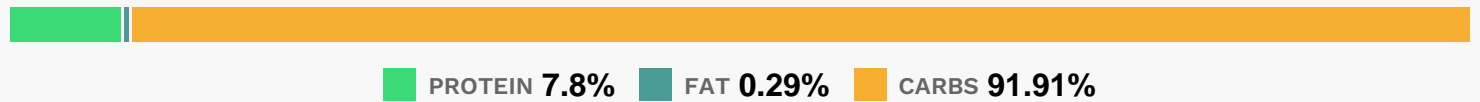
- food processor
- bowl

- frying pan
- hand mixer

## Directions

- Stir boiling water into dry gelatin mix in large bowl at least 2 min. until completely dissolved.
- Add seltzer, lemon peel and juice; stir until well blended.
- Pour into 8-inch square pan; cover. Freeze 3 hours or until firm.
- Remove mixture from freezer; let stand at room temperature 10 min. to soften slightly. Spoon into large bowl. Beat with electric mixer on medium speed until smooth. (Or, place in a food processor container; cover and process until smooth.)
- Spoon or scoop gelatin mixture into six individual dessert dishes to serve.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.15565217375431%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 16.71kcal (0.84%), Fat: 0.01g (0.01%), Saturated Fat: 0g (0.01%), Carbohydrates: 4.01g (1.34%), Net Carbohydrates: 4g (1.45%), Sugar: 3.72g (4.13%), Cholesterol: 0mg (0%), Sodium: 22.91mg (1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.34g (0.68%), Vitamin C: 0.94mg (1.13%)