



Sparkling White-Sangria Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 envelopes gelatin powder unflavored
- ☐ 1 cup grapes green seedless halved
- ☐ 1.5 cups orange sections
- ☐ 0.8 cup raspberries fresh
- ☐ 1.5 cups mirin divided
- ☐ 0.3 cup sugar
- ☐ 1.5 cups grape juice white

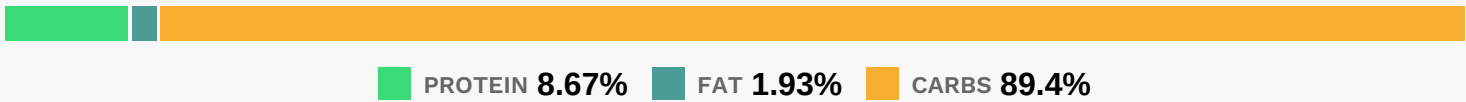
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Sprinkle gelatin over 1/2 cup wine, and let stand 5 minutes.
- ☐ Combine 1 cup wine, juice, and sugar in a medium saucepan; bring to a boil over medium-high heat.
- ☐ Remove from heat; add gelatin mixture, stirring until the gelatin dissolves.
- ☐ Place pan in a large ice-filled bowl; let stand 20 minutes or until thick but not set, stirring occasionally.
- ☐ Whisk the gelatin mixture to form small bubbles; fold in orange sections, grapes, and raspberries. Spoon gelatin mixture into a 5-cup decorative mold coated with cooking spray. Cover and chill at least 4 hours.
- ☐ Place a plate upside down on top of mold; invert mold onto plate.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:4.91, Inflammation Score:-3, Nutrition Score:2.5208695815957%

Flavonoids

Cyanidin: 3.71mg, Cyanidin: 3.71mg, Cyanidin: 3.71mg, Cyanidin: 3.71mg Petunidin: 0.35mg, Petunidin: 0.35mg, Petunidin: 0.35mg, Petunidin: 0.35mg Delphinidin: 0.71mg, Delphinidin: 0.71mg, Delphinidin: 0.71mg, Delphinidin: 0.71mg Malvidin: 3.54mg, Malvidin: 3.54mg, Malvidin: 3.54mg, Malvidin: 3.54mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 6.13mg, Hesperetin: 6.13mg, Hesperetin: 6.13mg, Hesperetin: 6.13mg Naringenin: 3.45mg, Naringenin: 3.45mg, Naringenin: 3.45mg, Naringenin: 3.45mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 86.08kcal (4.3%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 15.77g (5.26%), Net Carbohydrates: 14.56g (5.3%), Sugar: 13.03g (14.48%), Cholesterol: 0mg (0%), Sodium: 4.24mg (0.18%), Alcohol: 2.85g (100%), Alcohol %: 3.3% (100%), Protein: 1.53g (3.06%), Vitamin C: 14.37mg (17.42%), Manganese: 0.14mg (7.09%), Fiber: 1.2g (4.82%), Copper: 0.06mg (3.2%), Potassium: 109.24mg (3.12%), Vitamin K: 2.55µg (2.43%), Vitamin B1: 0.04mg (2.42%), Folate: 8.93µg (2.23%), Magnesium: 8.2mg (2.05%), Vitamin B6: 0.04mg (1.93%), Vitamin B2: 0.03mg (1.7%), Calcium: 16.3mg (1.63%), Vitamin A: 63.94IU (1.28%), Phosphorus: 12.72mg (1.27%), Iron: 0.21mg (1.19%), Vitamin B5: 0.1mg (1.04%)