



Spiced Coconut-Cherry Mold



Gluten Free



Dairy Free

READY IN



460 min.

SERVINGS



6

CALORIES



385 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cherries frozen
- ☐ 4 cups coconut milk divided
- ☐ 2 envelopes gelatin powder unflavored
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

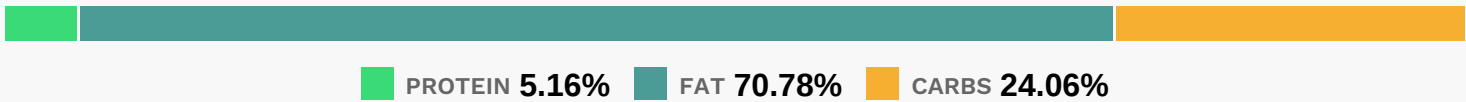
- ☐ bowl

- ☐ sauce pan
- ☐ knife
- ☐ whisk

Directions

- ☐ Thaw cherries, reserving juice (about 2 Tbsp.).
- ☐ Sprinkle gelatin over 1 cup coconut milk in a medium bowl.
- ☐ Let stand.
- ☐ Meanwhile, bring sugar, next 2 ingredients, cardamom (if desired), and remaining 3 cups coconut milk to a simmer in a saucepan over medium-low heat, whisking constantly.
- ☐ Pour hot coconut mixture over gelatin mixture. Stir until gelatin dissolves. Stir in reserved cherry juice.
- ☐ Let stand 20 minutes.
- ☐ Lightly grease a 6-cup gelatin mold with cooking spray; place cherries in a single layer in bottom of mold.
- ☐ Pour enough gelatin mixture over cherries to cover halfway. Chill 20 to 30 minutes or until slightly set. (
- ☐ Let remaining gelatin mixture stand at room temperature.)
- ☐ Slowly pour enough remaining gelatin mixture into mold just to cover cherries. Chill 20 to 30 minutes or until slightly set.
- ☐ Slowly pour remaining gelatin mixture into mold, and chill 6 hours or until firm.
- ☐ Gently run a small knife around outer edge of mold to break seal. Dip bottom of mold in warm water for about 10 seconds. Unmold onto a serving plate.
- ☐ *Fresh pitted cherries may be substituted. Omit cherry juice in Step
- ☐ Note: We tested with Thai Kitchen Coconut Milk.

Nutrition Facts



Properties

Glycemic Index:32.35, Glycemic Load:16.45, Inflammation Score:-3, Nutrition Score:8.2321739258326%

Flavonoids

Cyanidin: 6.95mg, Cyanidin: 6.95mg, Cyanidin: 6.95mg, Cyanidin: 6.95mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 385.41kcal (19.27%), Fat: 32.24g (49.6%), Saturated Fat: 28.51g (178.18%), Carbohydrates: 24.67g (8.22%), Net Carbohydrates: 24.14g (8.78%), Sugar: 19.66g (21.85%), Cholesterol: 0mg (0%), Sodium: 24.4mg (1.06%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 5.29g (10.58%), Manganese: 1.19mg (59.62%), Iron: 5.1mg (28.32%), Copper: 0.4mg (20.11%), Magnesium: 72.48mg (18.12%), Phosphorus: 150.47mg (15.05%), Potassium: 384.58mg (10.99%), Zinc: 0.87mg (5.78%), Folate: 22.72µg (5.68%), Vitamin B3: 1mg (5.01%), Vitamin C: 3.12mg (3.78%), Calcium: 32.47mg (3.25%), Vitamin B5: 0.28mg (2.8%), Vitamin B6: 0.05mg (2.7%), Vitamin B1: 0.04mg (2.67%), Fiber: 0.53g (2.11%), Selenium: 1.02µg (1.46%)