



Spiced Cranberry-Orange Mold



Gluten Free



Dairy Free



Low Fod Map

READY IN



360 min.

SERVINGS



1

CALORIES



1826 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 tsp ground cinnamon
- 0.1 tsp ground cloves
- 1 Tbsp juice of lemon
- 1 navel oranges peeled chopped
- 6 oz jell-o cranberry flavor gelatin
- 0.5 cup planters walnuts chopped
- 1 cup water cold
- 1.5 cups water boiling

16 oz berry cranberry sauce whole canned

Equipment

bowl

Directions

Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved. stir in next 5 ingredients. Refrigerate 1-1/2 hours or until thickened.

Stir in oranges and nuts. Spoon into 6-cup mold sprayed with cooking spray.

Refrigerate 4 hours or until firm. Unmold.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.83, Inflammation Score:-8, Nutrition Score:28.818260856297%

Flavonoids

Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg, Cyanidin: 2.04mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 32.79mg, Hesperetin: 32.79mg, Hesperetin: 32.79mg, Hesperetin: 32.79mg Naringenin: 10.15mg, Naringenin: 10.15mg, Naringenin: 10.15mg, Naringenin: 10.15mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg, Luteolin: 1.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 12.26mg, Myricetin: 12.26mg, Myricetin: 12.26mg, Myricetin: 12.26mg Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg, Quercetin: 11.22mg

Nutrients (% of daily need)

Calories: 1826.1kcal (91.3%), Fat: 39.11g (60.17%), Saturated Fat: 3.66g (22.88%), Carbohydrates: 364.49g (121.5%), Net Carbohydrates: 352.02g (128.01%), Sugar: 304.42g (338.24%), Cholesterol: 0mg (0%), Sodium: 848.42mg (36.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.61g (55.22%), Manganese: 2.6mg (130.09%), Vitamin C: 93.87mg (113.78%), Copper: 1.4mg (70.18%), Fiber: 12.47g (49.87%), Phosphorus: 494.48mg (49.45%), Vitamin E: 4.9mg (32.66%), Magnesium: 128.19mg (32.05%), Folate: 117.67µg (29.42%), Vitamin B6: 0.5mg (24.95%), Vitamin B1: 0.37mg (24.8%), Selenium: 16.13µg (23.04%), Iron: 4.06mg (22.57%), Vitamin B2: 0.33mg (19.25%), Potassium: 650.23mg (18.58%), Calcium: 163.06mg (16.31%), Zinc: 2.16mg (14.38%), Vitamin A: 551.25IU (11.02%),

Vitamin B3: 1.75mg (8.73%), Vitamin K: 8.5µg (8.1%), Vitamin B5: 0.75mg (7.46%)