



Strawberry Mold

 Gluten Free

READY IN



130 min.

SERVINGS



12

CALORIES



222 kcal

SIDE DISH

Ingredients

- ☐ 3 medium bananas sliced
- ☐ 1 cup pecans chopped
- ☐ 1 cup pineapple crushed drained
- ☐ 4 slices pineapple fresh for garnish
- ☐ 1 cup heavy whipping cream sour
- ☐ 20 ounce cartons strawberries frozen
- ☐ 1 strawberry sliced for garnish
- ☐ 6 ounce strawberry gelatin

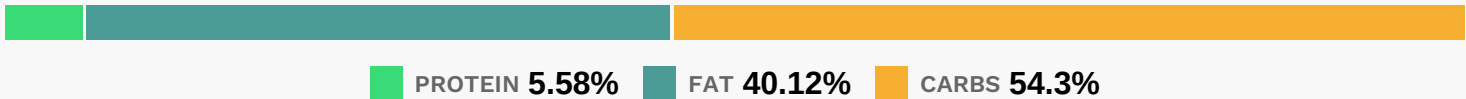
☐ 1 cup water boiling

Equipment

Directions

- ☐ Dissolve the gelatin the boiling water.
- ☐ Add the remaining ingredients except the sour cream.
- ☐ Pour half of the mixture in a salad mold; let chill until firm. Cover with a layer of sour cream, then top with the remaining half of the mixture. Refrigerate until firm.
- ☐ Garnish with fresh strawberry and pineapple.

Nutrition Facts



Properties

Glycemic Index:16.95, Glycemic Load:6.32, Inflammation Score:-5, Nutrition Score:9.3821738880614%

Flavonoids

Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg Pelargonidin: 11.99mg, Pelargonidin: 11.99mg, Pelargonidin: 11.99mg, Pelargonidin: 11.99mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.96mg, Catechin: 3.96mg, Catechin: 3.96mg, Catechin: 3.96mg Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg, Epigallocatechin: 0.89mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 222.25kcal (11.11%), Fat: 10.56g (16.24%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 32.15g (10.72%), Net Carbohydrates: 28.89g (10.51%), Sugar: 24.74g (27.49%), Cholesterol: 11.31mg (3.77%), Sodium: 74.24mg (3.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.61%), Vitamin C: 46.45mg (56.3%), Manganese:

0.94mg (46.89%), Fiber: 3.25g (13.01%), Copper: 0.23mg (11.52%), Vitamin B6: 0.2mg (10.21%), Magnesium: 33.94mg (8.49%), Vitamin B1: 0.13mg (8.48%), Potassium: 296.59mg (8.47%), Phosphorus: 81.4mg (8.14%), Folate: 27.08µg (6.77%), Vitamin B2: 0.1mg (5.59%), Zinc: 0.64mg (4.29%), Calcium: 42.72mg (4.27%), Iron: 0.67mg (3.74%), Selenium: 2.6µg (3.71%), Vitamin B5: 0.36mg (3.63%), Vitamin B3: 0.7mg (3.52%), Vitamin A: 175.26IU (3.51%), Vitamin E: 0.38mg (2.53%), Vitamin K: 2.15µg (2.05%)