



Sunset Fruit Mold

 **Gluten Free**  **Dairy Free**

READY IN



320 min.

SERVINGS



20

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz peaches in juice drained sliced chopped canned
- 1 pkg jell-o cranberry flavor gelatin sugar free (4-serving size)
- 1 pkg jell-o orange flavor gelatin sugar free (4-serving size)
- 8 oz pineapple in juice crushed undrained canned
- 0.5 cup water cold
- 2 cups water boiling divided

Equipment

- bowl

Directions

- Stir 1 cup of the boiling water into cranberry gelatin in medium bowl 2 minutes until completely dissolved. Stir in cold water. Refrigerate about 45 minutes or until slightly thickened (consistency of unbeaten egg whites). Stir in peaches.
- Spoon into 5-cup mold sprayed with cooking spray. Refrigerate about 15 minutes or until set but not firm (should stick to finger when touched and should mound).
- Meanwhile, stir remaining 1 cup boiling water into orange gelatin in medium bowl 2 minutes until completely dissolved. Stir in pineapple with juice.
- Pour over cranberry layer in mold. Refrigerate 4 hours or until firm. Unmold.
- Garnish as desired. Store leftover fruit salad in refrigerator.

Nutrition Facts

 **PROTEIN 6.35%**  **FAT 0.53%**  **CARBS 93.12%**

Properties

Glycemic Index:2.04, Glycemic Load:0.51, Inflammation Score:-1, Nutrition Score:0.48391303792596%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 44.41kcal (2.22%), Fat: 0.03g (0.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 10.74g (3.58%), Net Carbohydrates: 10.57g (3.84%), Sugar: 10.02g (11.13%), Cholesterol: 0mg (0%), Sodium: 41.66mg (1.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Vitamin C: 1.17mg (1.42%), Copper: 0.03mg (1.41%), Phosphorus: 13.57mg (1.36%)