



Tomato Aspic



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



41 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaf
- ☐ 0.5 cup celery chopped
- ☐ 0.3 ounce gelatin powder unflavored
- ☐ 0.5 cup onion chopped
- ☐ 2 cups vegetable juice such as V-8®
- ☐ 0.3 cup water boiling
- ☐ 1 dash worcestershire sauce to taste

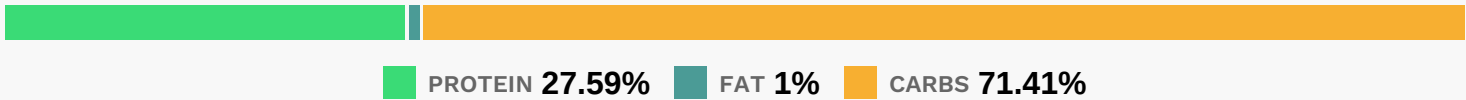
Equipment

- ☐ sauce pan
- ☐ mixing bowl

Directions

- ☐ Fully dissolve gelatin in boiling water in a mixing bowl.
- ☐ Combine vegetable juice, worcestershire sauce, bay leaf, and cloves in a saucepan; bring to a boil, reduce heat to low, and simmer 10 minutes.
- ☐ Remove and discard the bay leaf and cloves.
- ☐ Stir onion and celery into vegetable juice.
- ☐ Pour vegetable juice mixture over dissolved gelatin; stir gently to blend.
- ☐ Refrigerate until set completely, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:2.2, Inflammation Score:-7, Nutrition Score:4.6113044528858%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 41.38kcal (2.07%), Fat: 0.05g (0.07%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 5.78g (2.1%), Sugar: 5.02g (5.58%), Cholesterol: 0mg (0%), Sodium: 227.7mg (9.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Vitamin C: 37.73mg (45.74%), Vitamin A: 1054.66IU (21.09%), Potassium: 297.97mg (8.51%), Fiber: 1.52g (6.07%), Vitamin K: 3.78µg (3.6%), Calcium: 30.9mg (3.09%), Copper: 0.05mg (2.67%), Iron: 0.47mg (2.63%), Folate: 8.94µg (2.24%), Manganese: 0.04mg (2.14%), Vitamin B6: 0.03mg (1.7%), Selenium: 0.85µg (1.22%), Vitamin B2: 0.02mg (1.01%)