



## Vanilla Cream with Pomegranate-Raspberry Stars

 Gluten Free

READY IN



285 min.

SERVINGS



45

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 oz env. knox gelatine unflavored
- 2 cups milk
- 16 oz nonfat yogurt plain greek-style
- 1.3 cups pomegranate juice boiling
- 0.8 cup seeds from 1 pomegranate
- 6 oz jell-o raspberry flavor gelatin
- 1 cup sugar

0.5 cup water cold

## Equipment

frying pan

sauce pan

whisk

cookie cutter

## Directions

Add pomegranate juice to raspberry gelatin mixes; stir 2 min. until completely dissolved.

Pour into 9-inch square pan sprayed with cooking spray. Refrigerate 40 min. or until firm.

Cut into 8 star shapes with 2-inch cookie cutter, then cut remaining gelatin into 1/2-inch cubes. Refrigerate until ready to use.

Meanwhile, sprinkle unflavored gelatine over cold water; let stand 5 min. or until softened. While gelatine is softening, bring milk just to simmer in medium saucepan on medium heat.

Add sugar and unflavored gelatin to milk; cook and stir 2 min. or until sugar is dissolved. Cool 5 min.

Whisk in yogurt until blended. Refrigerate 25 min. or until thickened but not set.

Arrange gelatin stars in single layer on bottom of 6-cup mold sprayed with cooking spray; spoon 3/4 cup yogurt mixture over stars. Refrigerate 15 min. or until set but not firm.

Add remaining yogurt mixture to mold; top with gelatin cubes. Refrigerate 3 hours or until firm. Unmold dessert before serving.

Garnish with pomegranate seeds.

## Nutrition Facts



**PROTEIN 11.89%** **FAT 7.43%** **CARBS 80.68%**

## Properties

Glycemic Index:3.89, Glycemic Load:3.56, Inflammation Score:-1, Nutrition Score:1.1552173903455%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## **Nutrients (% of daily need)**

Calories: 50.72kcal (2.54%), Fat: 0.43g (0.66%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 10.55g (3.52%), Net Carbohydrates: 10.43g (3.79%), Sugar: 10.23g (11.37%), Cholesterol: 1.5mg (0.5%), Sodium: 30.99mg (1.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.11%), Calcium: 34.84mg (3.48%), Phosphorus: 33.98mg (3.4%), Vitamin B2: 0.04mg (2.6%), Vitamin B12: 0.12µg (2%), Potassium: 63.63mg (1.82%), Selenium: 1.01µg (1.44%), Vitamin B5: 0.14mg (1.36%), Vitamin K: 1.22µg (1.16%), Zinc: 0.16mg (1.06%), Magnesium: 4.2mg (1.05%), Folate: 4.12µg (1.03%)