



Vanilla Cream with Pomegranate-Raspberry Stars

 Gluten Free  Popular

READY IN



285 min.

SERVINGS



16

CALORIES



143 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:10.94, Glycemic Load:10.02, Inflammation Score:-1, Nutrition Score:3.24913046671%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 142.66kcal (7.13%), Fat: 1.21g (1.87%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 29.66g (9.89%), Net Carbohydrates: 29.33g (10.67%), Sugar: 28.77g (31.97%), Cholesterol: 4.23mg (1.41%), Sodium: 87.17mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.74%), Calcium: 97.99mg (9.8%), Phosphorus: 95.56mg (9.56%), Vitamin B2: 0.12mg (7.31%), Vitamin B12: 0.34µg (5.63%), Potassium: 178.95mg (5.11%), Selenium: 2.83µg (4.05%), Vitamin B5: 0.38mg (3.83%), Vitamin K: 3.43µg (3.27%), Zinc: 0.45mg (2.99%), Magnesium: 11.81mg (2.95%), Folate: 11.58µg (2.89%), Copper: 0.05mg (2.73%), Vitamin B1: 0.04mg (2.62%), Vitamin B6: 0.05mg (2.37%), Vitamin D: 0.34µg (2.24%), Manganese: 0.03mg (1.64%), Fiber: 0.33g (1.31%), Vitamin C: 1.06mg (1.28%), Vitamin A: 51.39IU (1.03%)