



Yogurt-Gelatin Ribbon Salad

 Gluten Free

READY IN



330 min.

SERVINGS



18

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups water boiling
- ☐ 6 oz gelatin mix green blue for ribbon or berry blue-flavored gelatin for ribbon
- ☐ 6 oz lime green blue for ribbon or mountain blueberry yogurt for ribbon yoplait®
- ☐ 0.7 cup water cold
- ☐ 2 cups water boiling
- ☐ 6 oz gelatin powder lemon-flavored white for cream ribbon or piña colada gelatin for ribbon
- ☐ 6 oz yogurt white yellow for ribbon or original coconut cream pie yogurt for ribbon yoplait®
- ☐ 0.7 cup water cold

- ☐ 2 cups water boiling
- ☐ 6 oz raspberry gelatin
- ☐ 6 oz raspberries red yoplait®
- ☐ 0.7 cup water cold

Equipment

- ☐ bowl
- ☐ glass baking pan

Directions

- ☐ In medium bowl, stir 2 cups boiling water into lime gelatin until gelatin is dissolved. In another medium bowl, slowly stir 1 cup of the lime gelatin into lime yogurt.
- ☐ Pour yogurt mixture into 13x9-inch (3-quart) glass baking dish. Refrigerate about 1 hour or until set. Stir 2/3 cup cold water into remaining plain lime gelatin; let stand at room temperature.
- ☐ When lime yogurt layer is set, carefully pour plain lime gelatin over yogurt layer. Refrigerate about 30 minutes or until set.
- ☐ In medium bowl, stir 2 cups boiling water into lemon gelatin until gelatin is dissolved. In another medium bowl, slowly stir 1 cup of the lemon gelatin into lemon yogurt.
- ☐ Pour yogurt mixture over layer of lime gelatin. Refrigerate about 30 minutes or until set. Stir 2/3 cup cold water into remaining plain lemon gelatin; let stand at room temperature.
- ☐ When lemon yogurt layer is set, carefully pour plain lemon gelatin over yogurt layer. Refrigerate about 30 minutes or until set.
- ☐ In medium bowl, stir 2 cups boiling water into raspberry gelatin until gelatin is dissolved. In another medium bowl, slowly stir 1 cup of the raspberry gelatin into raspberry yogurt.
- ☐ Pour yogurt mixture over layer of lemon gelatin. Refrigerate about 30 minutes or until set. Stir 2/3 cup cold water into remaining plain raspberry gelatin; let stand at room temperature.
- ☐ When raspberry yogurt layer is set, carefully pour plain raspberry gelatin over yogurt layer. Refrigerate at least 2 hours until set.

Nutrition Facts



Properties

Glycemic Index:4.28, Glycemic Load:0.45, Inflammation Score:-1, Nutrition Score:2.4517390985528%

Flavonoids

Cyanidin: 4.33mg, Cyanidin: 4.33mg, Cyanidin: 4.33mg, Cyanidin: 4.33mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Hesperetin: 4.06mg, Hesperetin: 4.06mg, Hesperetin: 4.06mg, Hesperetin: 4.06mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 117.18kcal (5.86%), Fat: 0.4g (0.61%), Saturated Fat: 0.21g (1.3%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 18.78g (6.83%), Sugar: 17.28g (19.2%), Cholesterol: 1.23mg (0.41%), Sodium: 116.48mg (5.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.07g (20.14%), Copper: 0.26mg (12.94%), Selenium: 5.26µg (7.52%), Vitamin C: 5.27mg (6.39%), Phosphorus: 43.75mg (4.38%), Manganese: 0.08mg (3.82%), Fiber: 0.88g (3.52%), Vitamin B2: 0.05mg (2.85%), Calcium: 25.83mg (2.58%), Magnesium: 7.29mg (1.82%), Folate: 6.8µg (1.7%), Iron: 0.26mg (1.42%), Potassium: 41.39mg (1.18%), Vitamin B5: 0.1mg (1.03%)