



Aquarium Cups

 Gluten Free  Dairy Free  Low Fod Map

READY IN



75 min.

SERVINGS



4

CALORIES



343 kcal

SIDE DISH

Ingredients

- 4 bite-size chewy fruit snacks fish-shaped
- 4 servings ice cubes
- 3 oz jell-o berry flavor gelatin blue
- 0.5 cup strawberries chopped
- 0.5 cup water cold
- 0.8 cup water boiling

Equipment

- bowl

Directions

- Add boiling water to gelatin mix in medium bowl; stir 2 min. until completely dissolved.
- Add enough ice cubes to cold water to measure 1-1/4 cups.
- Add to gelatin; stir until slightly thickened.
- Remove any unmelted ice. If gelatin is still thin, refrigerate until slightly thickened.
- Place berries in 4 clear plastic cups; cover with gelatin. Press fruit snacks into gelatin until completely submerged.
- Refrigerate 1 hour or until firm.

Nutrition Facts

 **PROTEIN 4.21%**  **FAT 1.24%**  **CARBS 94.55%**

Properties

Glycemic Index:10, Glycemic Load:0.41, Inflammation Score:-7, Nutrition Score:8.9556522097277%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 343.27kcal (17.16%), Fat: 0.5g (0.78%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 86.55g (28.85%), Net Carbohydrates: 78.99g (28.72%), Sugar: 69.8g (77.55%), Cholesterol: 0mg (0%), Sodium: 128.26mg (5.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Fiber: 7.56g (30.24%), Vitamin A: 1361.16IU (27.22%), Vitamin C: 20.48mg (24.83%), Vitamin K: 21.1µg (20.09%), Copper: 0.39mg (19.6%), Potassium: 429.53mg (12.27%), Manganese: 0.19mg (9.67%), Vitamin B3: 1.84mg (9.18%), Phosphorus: 88.3mg (8.83%), Iron: 1.5mg (8.31%),

Vitamin B2: 0.12mg (7.1%), Magnesium: 26.56mg (6.64%), Vitamin B6: 0.08mg (4.03%), Vitamin B1: 0.06mg (3.93%), Folate: 13.96µg (3.49%), Calcium: 29.92mg (2.99%), Zinc: 0.45mg (2.97%), Selenium: 1.5µg (2.14%), Vitamin B5: 0.21mg (2.1%)