



Boo-tiful" JELL-O Cups

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



50

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups ice cubes
- 3 oz jell-o orange flavor gelatin
- 8 semi-sweet chocolate chips miniature
- 0.8 cup water boiling
- 0.7 cup cool whip whipped topping divided thawed

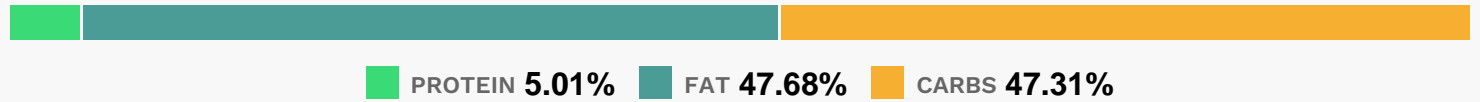
Equipment

- bowl
- whisk

Directions

- Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved.
- Add ice; stir 3 to 5 min. or until gelatin is thickened.
- Remove any unmelted ice.
- Whisk in 1/3 cup COOL WHIP until blended.
- Pour into 4 dessert dishes.
- Refrigerate 30 min. or until firm.
- Drop remaining COOL WHIP by spoonfuls onto desserts to resemble ghosts.
- Add chocolate chips for the eyes.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.72826086891734%

Nutrients (% of daily need)

Calories: 34.66kcal (1.73%), Fat: 1.85g (2.84%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 4.12g (1.37%), Net Carbohydrates: 3.77g (1.37%), Sugar: 3.34g (3.72%), Cholesterol: 0.29mg (0.1%), Sodium: 9.75mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.85mg (1.28%), Protein: 0.44g (0.87%), Copper: 0.06mg (3%), Manganese: 0.06mg (2.98%), Magnesium: 8.12mg (2.03%), Iron: 0.29mg (1.59%), Phosphorus: 14.79mg (1.48%), Fiber: 0.36g (1.43%)