



Broken Pink Heart

 Gluten Free

READY IN



255 min.

SERVINGS



15

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 servings decorating icing
- 1 pkg jell-o vanilla flavor pudding instant (4-serving size)
- 1.5 cups milk cold
- 15 servings food coloring red
- 1.8 cups cool whip whipped topping thawed

Equipment

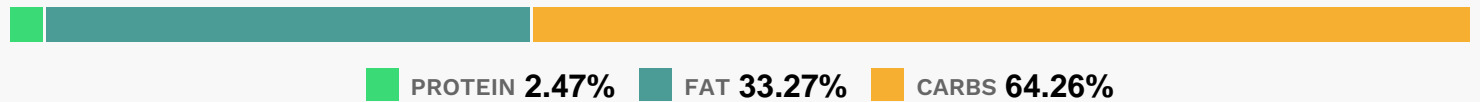
- bowl
- whisk

aluminum foil

Directions

- Place folded aluminum foil strip as divider down center of heart-shaped mold.
- Pour milk into medium bowl.
- Add dry pudding mix. Beat with wire whisk 2 minutes. Gently stir in whipped topping.
- Pour half of the pudding mixture into one side of mold.
- Add enough red food coloring to remaining pudding mixture to tint it desired shade of pink; pour into remaining half of mold. Carefully remove foil. Freeze 4 hours or overnight until firm. Unmold onto serving plate. Decorate with icing as desired. Store leftover dessert in freezer.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:8.61, Inflammation Score:-1, Nutrition Score:1.5852173864841%

Nutrients (% of daily need)

Calories: 175.54kcal (8.78%), Fat: 6.49g (9.98%), Saturated Fat: 2.28g (14.25%), Carbohydrates: 28.2g (9.4%), Net Carbohydrates: 28.16g (10.24%), Sugar: 25.98g (28.87%), Cholesterol: 3.1mg (1.03%), Sodium: 107.73mg (4.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin B2: 0.13mg (7.47%), Vitamin K: 3.99µg (3.8%), Calcium: 37.38mg (3.74%), Phosphorus: 36.29mg (3.63%), Vitamin E: 0.48mg (3.23%), Vitamin B12: 0.15µg (2.49%), Vitamin D: 0.27µg (1.79%), Potassium: 56.24mg (1.61%), Vitamin B1: 0.02mg (1.21%), Selenium: 0.76µg (1.08%), Vitamin B5: 0.11mg (1.06%)