



Candy Cane Dessert Minis

 Gluten Free  Dairy Free

READY IN



140 min.

SERVINGS



20

CALORIES



42 kcal

DESSERT

Ingredients

- 12 candy canes miniature divided crushed
- 3 oz jell-o raspberry flavor gelatin
- 1.5 cups water boiling
- 8 oz cool whip whipped topping divided thawed

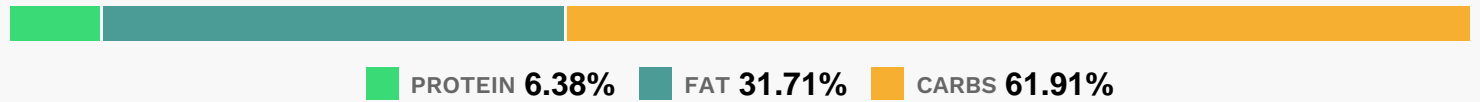
Equipment

- bowl
- whisk

Directions

- Add boiling water to combined gelatin mix and 1/3 cup crushed candy in medium bowl; stir 2 min. until gelatin mix is completely dissolved and candy is melted.
- Reserve 1/2 cup COOL WHIP for later use.
- Add remaining COOL WHIP to gelatin mixture; whisk until blended.
- Spoon into 12 (2-oz.) shot glasses.
- Refrigerate 2 hours or until firm.
- Top with reserved COOL WHIP and crushed candy before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.2960869576782%

Nutrients (% of daily need)

Calories: 41.6kcal (2.08%), Fat: 1.49g (2.29%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 6.52g (2.17%), Net Carbohydrates: 6.52g (2.37%), Sugar: 6.34g (7.04%), Cholesterol: 0.23mg (0.08%), Sodium: 28.87mg (1.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Phosphorus: 14.39mg (1.44%)