



Christmas Ribbon Mold

 Gluten Free  Dairy Free  Low Fod Map

READY IN



405 min.

SERVINGS



45

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 oz jell-o cherry flavor gelatin red or any other flavor
- 3 oz jell-o lime flavor gelatin
- 2 cups marshmallows jet-puffed miniature
- 1.5 cups water cold divided
- 2 cups water boiling divided

Equipment

- bowl

Directions

- Add 1 cup boiling water to red gelatin mix; stir 2 min. until completely dissolved. Stir in 3/4 cup cold water.
- Pour into 5-cup mold. Refrigerate 2 hours or until set but not firm.
- Meanwhile, stir remaining boiling water into lime gelatin mix in medium bowl 2 min. until completely dissolved. Stir in remaining cold water. Refrigerate 30 min. or until cooled; gently stir in marshmallows. Spoon over red gelatin. (Marshmallows will float to the top.)
- Refrigerate 4 hours or until firm. Unmold.

Nutrition Facts

 **PROTEIN 6.01%**  **FAT 0.18%**  **CARBS 93.81%**

Properties

Glycemic Index:1.34, Glycemic Load:1.09, Inflammation Score:0, Nutrition Score:0.082173912421517%

Nutrients (% of daily need)

Calories: 21.47kcal (1.07%), Fat: 0g (0.01%), Saturated Fat: 0g (0.01%), Carbohydrates: 5.23g (1.74%), Net Carbohydrates: 5.23g (1.9%), Sugar: 4.53g (5.04%), Cholesterol: 0mg (0%), Sodium: 20.31mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.67%)