



Chunks of Glass

READY IN



220 min.

SERVINGS



8

CALORIES



404 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 3 ounce cherry jell-o
- ☐ 0.5 cup graham cracker crumbs
- ☐ 2 cups heavy whipping cream
- ☐ 3 ounce jell-o lemon flavored
- ☐ 3 ounce lime jell-o® mix flavored
- ☐ 3 ounce jell-o® mix orange flavored
- ☐ 1 cup syrup from pineapple canned

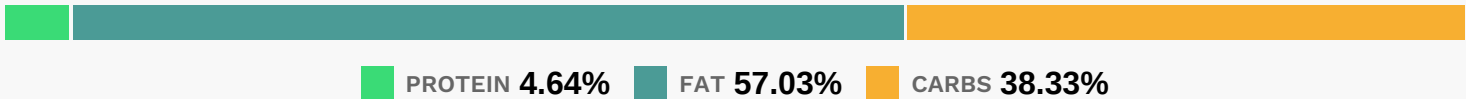
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Dissolve the cherry gelatin in 1 cup of boiling water. When dissolved, stir in 1/2 cup of cold water and pour into an eight or nine inch square pan. Refrigerate until firm. Repeat this process with the lime and orange flavors.
- ☐ In a small sauce pan, mix together the lemon gelatin with the pineapple syrup. Bring the mixture to a boil while stirring constantly. When the gelatin is dissolved, set aside and allow to cool to room temperature until thick.
- ☐ Once the cherry, lime, and orange gelatin is firm, cut into 1 to 2 inch cubes. Beat the whip cream into stiff peaks, and fold it into the lemon pineapple mixture. Fold the gelatin cubes into the whipped cream mixture.
- ☐ Pour the gelatin and whipped cream mixture into a buttered and graham cracker crumb dusted 9 inch tube pan. Chill for several hours before unmolding.

Nutrition Facts



Properties

Glycemic Index:18.25, Glycemic Load:3.15, Inflammation Score:-5, Nutrition Score:4.2508695773456%

Flavonoids

Cyanidin: 3.21mg, Cyanidin: 3.21mg, Cyanidin: 3.21mg, Cyanidin: 3.21mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg, Peonidin: 0.16mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 403.99kcal (20.2%), Fat: 26.31g (40.47%), Saturated Fat: 16.47g (102.95%), Carbohydrates: 39.78g (13.26%), Net Carbohydrates: 39.08g (14.21%), Sugar: 34.98g (38.86%), Cholesterol: 78.52mg (26.17%), Sodium: 233.27mg (10.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.63%), Vitamin A: 1023.96IU (20.48%), Phosphorus: 95.16mg (9.52%), Vitamin B2: 0.15mg (8.68%), Vitamin D: 0.95µg (6.35%), Selenium: 4.06µg (5.81%), Calcium: 50.64mg (5.06%), Vitamin E: 0.68mg (4.54%), Vitamin C: 3.23mg (3.91%), Copper: 0.08mg (3.82%), Potassium: 120.97mg (3.46%), Vitamin B1: 0.05mg (3.4%), Magnesium: 12.57mg (3.14%), Fiber: 0.7g (2.78%), Vitamin K: 2.65µg (2.53%), Vitamin B6: 0.05mg (2.44%), Iron: 0.42mg (2.34%), Zinc: 0.28mg (1.88%), Folate: 7.47µg (1.87%), Vitamin B5: 0.18mg (1.83%), Vitamin B12: 0.1µg (1.74%), Vitamin B3: 0.32mg (1.61%)