



## Cosmopolitan JELL-O Cups

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

READY IN



**125 min.**

SERVINGS



**5**

CALORIES



**92 kcal**

SIDE DISH

### Ingredients

- 1 cup orange sherbet
- 3 oz jell-o strawberry flavor gelatin
- 1 cup water boiling
- 5 servings cool whip whipped topping (in a can)

### Equipment

- bowl

## Directions

- Add boiling water to gelatin mix in medium bowl; stir 2 min. until completely dissolved.
- Stir in sherbet until melted.
- Pour into 4 martini or wine glasses.
- Refrigerate 2 hours or until firm. Top each with 1 Tbsp. COOL WHIP just before serving.

## Nutrition Facts



## Properties

Glycemic Index:8.5, Glycemic Load:1.44, Inflammation Score:-2, Nutrition Score:2.2669564848361%

## Flavonoids

Hesperetin: 9.81mg, Hesperetin: 9.81mg, Hesperetin: 9.81mg, Hesperetin: 9.81mg Naringenin: 5.52mg, Naringenin: 5.52mg, Naringenin: 5.52mg, Naringenin: 5.52mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 91.81kcal (4.59%), Fat: 0.63g (0.97%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 20.7g (6.9%), Net Carbohydrates: 19.84g (7.21%), Sugar: 19.06g (21.18%), Cholesterol: 0.09mg (0.03%), Sodium: 84.87mg (3.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.6%), Vitamin C: 19.15mg (23.21%), Fiber: 0.86g (3.46%), Phosphorus: 32.35mg (3.24%), Folate: 11.45µg (2.86%), Copper: 0.04mg (2.21%), Vitamin B1: 0.03mg (2.18%), Selenium: 1.43µg (2.04%), Potassium: 70.9mg (2.03%), Calcium: 19.52mg (1.95%), Vitamin A: 84.33IU (1.69%), Vitamin B2: 0.03mg (1.5%), Magnesium: 4.73mg (1.18%), Vitamin B6: 0.02mg (1.13%)