



## Creamy Carnival Cups



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



6

CALORIES



154 kcal

SIDE DISH

### Ingredients

- 1 pkg jell-o strawberry flavor gelatin (4-serving size)
- 2 cups whipped cream
- 1 cup water boiling
- 0.3 cup cool whip whipped topping thawed

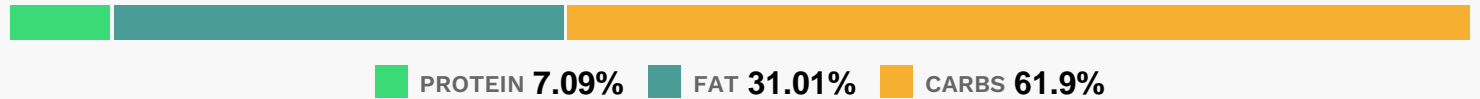
### Equipment

- bowl
- whisk

## Directions

- Stir boiling water into dry gelatin mix in medium bowl with wire whisk at least 2 min. until completely dissolved.
- Add ice cream; mix well.
- Pour into six dessert bowls. Refrigerate 30 min. or until set.
- Top each serving with about 1 Tbsp. whipped topping just before serving.

## Nutrition Facts



## Properties

Glycemic Index:10.17, Glycemic Load:6.15, Inflammation Score:-1, Nutrition Score:2.0582608632419%

## Nutrients (% of daily need)

Calories: 154.39kcal (7.72%), Fat: 5.39g (8.29%), Saturated Fat: 3.46g (21.62%), Carbohydrates: 24.19g (8.06%), Net Carbohydrates: 23.88g (8.68%), Sugar: 22.5g (25%), Cholesterol: 19.44mg (6.48%), Sodium: 106.19mg (4.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.77g (5.54%), Phosphorus: 69.26mg (6.93%), Vitamin B2: 0.12mg (6.77%), Calcium: 60.89mg (6.09%), Vitamin A: 188.32IU (3.77%), Vitamin B12: 0.18µg (3%), Potassium: 92.76mg (2.65%), Selenium: 1.84µg (2.63%), Vitamin B5: 0.26mg (2.58%), Zinc: 0.31mg (2.09%), Magnesium: 7.13mg (1.78%), Copper: 0.03mg (1.68%), Vitamin B1: 0.02mg (1.29%), Fiber: 0.31g (1.23%), Vitamin B6: 0.02mg (1.1%), Vitamin E: 0.15mg (1.02%)