



Creamy Citrus Bowl

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

READY IN



260 min.

SERVINGS



20

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup grapefruit sections fresh halved
- 1 pkg jell-o lemon flavor gelatin sugar free (4-serving size)
- 0.5 cup orange sections fresh halved
- 0.8 cup water cold
- 1 cup water boiling
- 1 cup cool whip whipped topping thawed

Equipment

- bowl

- whisk
- hand mixer

Directions

- Stir boiling water into dry gelatin mix at least 2 minutes until completely dissolved.
- Add cold water.
- Remove 3/4 cup of the gelatin; place in medium bowl. Set aside. Refrigerate remaining gelatin until slightly thickened.
- Add whipped topping; stir with wire whisk until well blended. Gently stir in fruit.
- Pour into serving bowl. Refrigerate until set but not firm.
- Place medium bowl of measured gelatin in larger bowl of ice water; stir until slightly thickened. Beat with electric mixer on high speed until almost doubled in volume. Spoon over gelatin layer in serving bowl. Refrigerate 4 hours or until firm.
- Garnish with additional fruit and fresh mint leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:0.62695651630992%

Flavonoids

Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 2.57mg, Naringenin: 2.57mg, Naringenin: 2.57mg, Naringenin: 2.57mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 29.12kcal (1.46%), Fat: 0.5g (0.78%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 5.88g (1.96%), Net Carbohydrates: 5.68g (2.06%), Sugar: 5.36g (5.95%), Cholesterol: 0.08mg (0.03%), Sodium: 23.54mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin C: 4.19mg (5.08%), Vitamin A: 79.03IU (1.58%), Phosphorus: 10.43mg (1.04%)