



## Creamy JELL-O® EGG JIGGLERS

 Gluten Free

READY IN



230 min.

SERVINGS



50

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 50 servings jell-o egg jigglers egg mold
- 2 pkg jell-o gelatin (8-serving size each)
- 1 pkg chocolate flavor pudding instant (4-serving size)
- 1 cup milk cold
- 2.5 cups water boiling cold (Do not add water.)

### Equipment

- bowl
- frying pan

- paper towels
- knife
- whisk
- cookie cutter
- measuring cup

## Directions

- Wipe inside of both sides of egg mold and along rims lightly with oil, using paper towel. (Or, spray mold lightly with cooking spray.) Close mold, matching up the rims of the egg halves. Snap each of the 6 individual egg halves together until each of the 6 eggs are firmly sealed. Inspect each egg to make sure it is closed and sealed.
- Place mold, fill-side up, on tray.
- Stir boiling water into dry gelatin mix in large bowl at least 3 min. until completely dissolved. Cool 30 min. at room temperature.
- Pour milk into medium bowl.
- Add dry pudding mix. Beat with wire whisk 1 min.
- Add to gelatin; stir with wire whisk until well blended.
- Pour into measuring cup with pour spout. Immediately pour into mold through fill-holes until each egg is filled just to top of the egg shape. (Any remaining gelatin mixture can be poured into a 8- or 9-inch square pan).
- Refrigerate at least 3 hours or until firm. Open mold using a dull flat knife to gently pry between the halves of each egg. (Do not pull on the handle.) Turn mold over and shake gently to unmold eggs.
- Dip bottom of square pan into warm water 15 sec.
- Cut gelatin into decorative shapes with cookie cutters, being careful to cut all the way through gelatin to bottom of pan. Lift gelatin shapes from pan. Reserve scraps for snacking. Store leftover eggs, gelatin cutouts and scraps in tightly covered container in refrigerator.

## Nutrition Facts

 PROTEIN **32.15%**  FAT **54.76%**  CARBS **13.09%**

## Properties

Glycemic Index:0.76, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:4.2186955940788%

## Nutrients (% of daily need)

Calories: 73.26kcal (3.66%), Fat: 4.35g (6.69%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 2.33g (0.85%), Sugar: 1.92g (2.13%), Cholesterol: 164.27mg (54.76%), Sodium: 77.2mg (3.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.49%), Selenium: 13.63µg (19.48%), Vitamin B2: 0.21mg (12.24%), Phosphorus: 92.1mg (9.21%), Vitamin B12: 0.42µg (6.97%), Vitamin B5: 0.69mg (6.93%), Vitamin D: 0.93µg (6.22%), Folate: 20.69µg (5.17%), Vitamin A: 245.51IU (4.91%), Iron: 0.77mg (4.29%), Zinc: 0.59mg (3.93%), Vitamin B6: 0.08mg (3.89%), Calcium: 31.12mg (3.11%), Vitamin E: 0.46mg (3.1%), Potassium: 68.43mg (1.96%), Copper: 0.03mg (1.74%), Magnesium: 5.99mg (1.5%), Vitamin B1: 0.02mg (1.36%)