



## Creamy Lemon Dessert with Fresh Grapes

 Gluten Free

READY IN



160 min.

SERVINGS



40

CALORIES



81 kcal

### Ingredients

- 1 cup knudsen cream sour
- 1 cup grapes green seedless halved
- 12 oz jell-o lemon flavor gelatin divided
- 1 cup grapes red seedless halved
- 14 oz condensed milk sweetened canned
- 2.5 cups water boiling divided

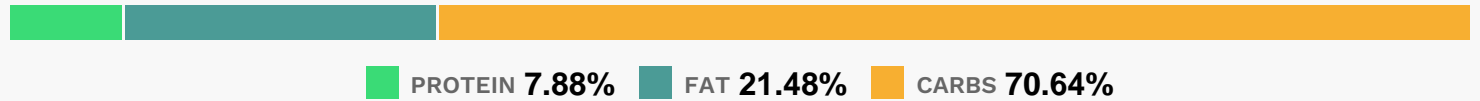
### Equipment

- bowl
- blender

## Directions

- Add 1-1/2 cups boiling water to 2 pkg. gelatin mix; stir 2 min. until completely dissolved.
- Pour into 6-cup mold or 1-1/2-qt. bowl sprayed with cooking spray. Refrigerate 5 min. or until gelatin is thickened. Top with grapes; press gently into gelatin. Refrigerate 20 min. or until set but not firm.
- Add remaining boiling water to remaining gelatin mixes; stir 2 min. until completely dissolved.
- Pour into blender.
- Add condensed milk and sour cream; blend well. Gently pour over gelatin layer in mold.
- Refrigerate 2 hours or until firm. Unmold.

## Nutrition Facts



## Properties

Glycemic Index:3.83, Glycemic Load:3.89, Inflammation Score:-1, Nutrition Score:1.2308695789265%

## Nutrients (% of daily need)

Calories: 80.85kcal (4.04%), Fat: 1.99g (3.06%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 14.73g (4.91%), Net Carbohydrates: 14.66g (5.33%), Sugar: 14.08g (15.65%), Cholesterol: 6.77mg (2.26%), Sodium: 54.91mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.29%), Phosphorus: 42.98mg (4.3%), Calcium: 35.44mg (3.54%), Vitamin B2: 0.06mg (3.51%), Selenium: 2.26µg (3.23%), Potassium: 59.02mg (1.69%), Vitamin A: 67.3IU (1.35%), Copper: 0.02mg (1.23%), Vitamin K: 1.25µg (1.19%), Vitamin B1: 0.02mg (1.04%)