



Creamy Triple-Citrus Gelatin Dessert

 Gluten Free

READY IN



375 min.

SERVINGS



15

CALORIES



184 kcal

Ingredients

- 2.5 cups knudsen cream sour divided
- 6 oz jell-o lemon flavor gelatin
- 3 oz jell-o lime flavor gelatin
- 6 oz jell-o orange flavor gelatin
- 3.8 cups water boiling divided

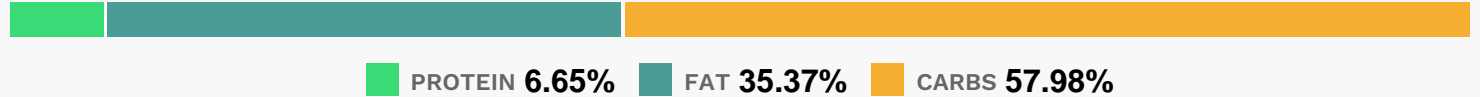
Equipment

- bowl
- whisk

Directions

- Add 3/4 cup boiling water to lime gelatin mix in medium bowl; stir 2 min. until completely dissolved. Refrigerate 15 min. or until cooled.
- Whisk in 1/2 cup sour cream.
- Pour into 6-cup mold sprayed with cooking spray. Refrigerate 30 min. or until thickened but not set.
- Meanwhile, add 1-1/2 cups boiling water to lemon gelatin mixes; stir 2 min. until completely dissolved. Refrigerate 25 min. or until cooled.
- Whisk in 1 cup sour cream. Spoon over lime layer in mold. Refrigerate 30 min. or until thickened but not set.
- Add remaining boiling water to orange gelatin mixes; stir 2 min. until completely dissolved. Refrigerate 25 min.
- Whisk in remaining sour cream. Spoon over lemon layer in mold. Refrigerate 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.6860869475033%

Nutrients (% of daily need)

Calories: 183.91kcal (9.2%), Fat: 7.44g (11.44%), Saturated Fat: 3.87g (24.2%), Carbohydrates: 27.43g (9.14%), Net Carbohydrates: 27.43g (9.97%), Sugar: 25.7g (28.55%), Cholesterol: 22.62mg (7.54%), Sodium: 146.95mg (6.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.29%), Phosphorus: 69.11mg (6.91%), Vitamin A: 238.82IU (4.78%), Selenium: 3.32µg (4.74%), Vitamin B2: 0.08mg (4.47%), Calcium: 41.34mg (4.13%), Copper: 0.05mg (2.49%), Potassium: 49.9mg (1.43%), Vitamin B12: 0.08µg (1.34%), Vitamin B5: 0.13mg (1.33%), Magnesium: 4.99mg (1.25%)