



## Easter JIGGLERS® Baskets

 Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



15

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2.5 cups apple juice boiling cold (Do not add water.)
- 1.5 cups baker's angel flake coconut green
- 2 pkg jell-o gelatin (8-serving size each)
- 48 gourmet jelly beans
- 72 inches string licorice cut in half

### Equipment

- muffin liners

## Directions

- Stir boiling water into dry gelatin mix at least 3 min. until completely dissolved.
- Pour evenly into 12 medium muffin cups sprayed with cooking spray.
- Refrigerate at least 3 hours or until firm. Dip bottom of cups in warm water 15 sec.
- Remove JIGGLERS from cups; place each small dessert dish sprinkled with tinted coconut to resemble basket. Make a handle for each basket by inserting licorice into gelatin.
- Place jelly beans evenly around baskets.

## Nutrition Facts

**PROTEIN 4.01%** **FAT 52.16%** **CARBS 43.83%**

## Properties

Glycemic Index:5.78, Glycemic Load:2.11, Inflammation Score:-1, Nutrition Score:2.6673912846524%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg, Epicatechin: 1.95mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## Nutrients (% of daily need)

Calories: 91.34kcal (4.57%), Fat: 5.57g (8.57%), Saturated Fat: 4.88g (30.49%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 8.72g (3.17%), Sugar: 7.24g (8.04%), Cholesterol: 0mg (0%), Sodium: 7.39mg (0.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.93%), Manganese: 0.29mg (14.58%), Fiber: 1.8g (7.22%), Vitamin K: 5.27µg (5.02%), Copper: 0.08mg (4.24%), Potassium: 114.83mg (3.28%), Magnesium: 12.86mg (3.21%), Iron: 0.46mg (2.57%), Selenium: 1.77µg (2.54%), Phosphorus: 25.22mg (2.52%), Vitamin B6: 0.05mg (2.51%), Vitamin C: 1.99mg (2.41%), Vitamin B2: 0.03mg (1.7%), Vitamin A: 84.54IU (1.69%), Vitamin B1: 0.02mg (1.6%), Zinc: 0.21mg (1.4%), Folate: 4.83µg (1.21%), Vitamin B5: 0.12mg (1.16%), Calcium: 10.2mg (1.02%)