



Easy Holiday Ribbon Bowl

 Gluten Free  Dairy Free

READY IN



150 min.

SERVINGS



30

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup ice cubes
- 3 oz jell-o lime flavor gelatin
- 3 oz jell-o strawberry flavor gelatin
- 2.3 cups water boiling divided
- 8 oz cool whip whipped topping divided (Do not thaw.)

Equipment

- bowl
- whisk

Directions

- Add 3/4 cup boiling water to lime gelatin mix in medium bowl; stir 2 min. until completely dissolved.
- Add ice; stir until gelatin is slightly thickened.
- Remove any unmelted ice.
- Pour gelatin into 1- to 1-1/2-qt. bowl. Refrigerate 15 min. or until set but not firm.
- Add remaining boiling water to strawberry gelatin mix in large bowl; stir 2 min. until completely dissolved.
- Add 2/3 of the COOL WHIP; stir with whisk until COOL WHIP is melted and mixture is blended. Refrigerate remaining COOL WHIP for later use. Carefully spoon strawberry gelatin mixture over lime layer.
- Refrigerate 2 hours or until set. Top with remaining COOL WHIP just before serving.

Nutrition Facts



PROTEIN 6.82% **FAT 22.71%** **CARBS 70.47%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.24869565341784%

Nutrients (% of daily need)

Calories: 38.54kcal (1.93%), Fat: 0.99g (1.52%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 6.92g (2.31%), Net Carbohydrates: 6.92g (2.51%), Sugar: 6.66g (7.4%), Cholesterol: 0.15mg (0.05%), Sodium: 33.15mg (1.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.67g (1.34%), Phosphorus: 13.59mg (1.36%)