

Easy Low-Fat JELL-O® Parfaits

 **Gluten Free**

READY IN



250 min.

SERVINGS



10

CALORIES



87 kcal

Ingredients

- 2 cups cool whip free whipped topping thawed
- 1 pkg jell-o lemon flavor gelatin sugar free (4-serving size)
- 1 pkg jell-o strawberry flavor gelatin sugar free (4-serving size)
- 2 cups water boiling divided
- 2 cups water cold divided

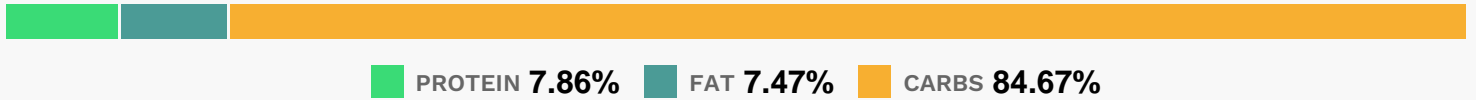
Equipment

- bowl
- frying pan

Directions

- Stir 1 cup of the boiling water into each flavor gelatin in separate bowls at least 2 minutes until completely dissolved. Stir 1 cup cold water into each bowl.
- Pour into separate 8- or 9-inch square pans.
- Refrigerate 4 hours or until firm.
- Cut gelatin in each pan into 1/2-inch cubes.
- Layer alternating gelatin flavors and 1-1/2 cups of the whipped topping in 8 dessert glasses.
- Garnish with remaining 1/2 cup whipped topping.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0973913039526%

Nutrients (% of daily need)

Calories: 87.12kcal (4.36%), Fat: 0.75g (1.15%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 19.08g (6.94%), Sugar: 17.03g (18.92%), Cholesterol: 2.4mg (0.8%), Sodium: 94.75mg (4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.55%), Vitamin B2: 0.1mg (5.87%), Vitamin B12: 0.22µg (3.7%), Phosphorus: 34.17mg (3.42%), Selenium: 1.59µg (2.27%), Calcium: 19.55mg (1.95%), Copper: 0.04mg (1.9%), Vitamin B1: 0.02mg (1.51%)