



Floating Fruit Parfaits

 **Gluten Free**  **Dairy Free**

READY IN



95 min.

SERVINGS



35

CALORIES



6 kcal

Ingredients

- 0.8 cup ice cubes
- 0.5 cup strawberries fresh sliced
- 0.3 oz jell-o strawberry flavor gelatin sugar free
- 0.5 cup water cold
- 0.8 cup water boiling
- 1 cup cool whip lite whipped topping divided thawed

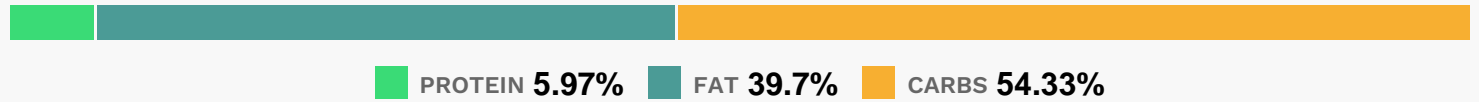
Equipment

- bowl
- whisk

Directions

- Place berries into 6 parfait glasses.
- Add boiling water to gelatin mix in medium bowl; stir 2 min. until completely dissolved.
- Add cold water and ice cubes; stir until ice is melted.
- Pour 3/4 cup evenly over berries. Refrigerate 20 min. or until gelatin is set but not firm. Meanwhile, let remaining gelatin stand at room temperature until cooled and ready to be used.
- Add 1 cup COOL WHIP to remaining gelatin; stir with whisk until blended. Spoon over gelatin in glasses.
- Refrigerate 1 hour or until firm.
- Serve topped with remaining COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:1.14, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:0.17434782802087%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.51mg, Pelargonidin: 0.51mg, Pelargonidin: 0.51mg, Pelargonidin: 0.51mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 6.38kcal (0.32%), Fat: 0.29g (0.44%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.84g (0.31%), Sugar: 0.82g (0.91%), Cholesterol: 0.04mg (0.01%), Sodium: 3.37mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.19%), Vitamin C: 1.21mg (1.47%)