



Football JIGGLERS

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

READY IN



190 min.

SERVINGS



6

CALORIES



146 kcal

SIDE DISH

Ingredients

- 0.5 cup apple sauce
- 6 servings jell-o egg jigglers egg mold
- 0.3 tsp ground cinnamon
- 2 Tbsp decorating icing white
- 1 pkg jell-o orange flavor gelatin (8-serving size)
- 1 cup water boiling cold (Do not add water.)

Equipment

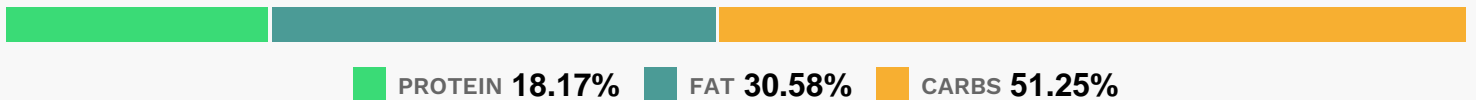
- bowl

- paper towels
- knife
- measuring cup

Directions

- Wipe inside of both sides of egg mold and along rims with oil, using paper towel. (Or, spray mold lightly with cooking spray.) Close mold, matching up the rims of the egg halves. Snap each of the six individual egg halves together until each of the 6 eggs are firmly sealed. Inspect each egg to make sure it is closed and sealed.
- Place mold, fill-side up, on tray.
- Stir boiling water into combined dry gelatin mix and cinnamon in large bowl at least 3 min. until gelatin is completely dissolved. Stir in applesauce.
- Pour into measuring cup with pour spout. Immediately pour into mold through fill-holes until each egg is filled just to the top of the egg shape. (Any remaining gelatin mixture can be poured into a custard cup.)
- Refrigerate at least 3 hours or until firm. Open mold using a dull flat knife to gently pry between the halves of each egg. (Do not pull on the handle.) Turn mold over and shake gently to unmold eggs. Draw "football lacings" on eggs with icing. Store in tightly covered container in refrigerator.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:1.44, Inflammation Score:-1, Nutrition Score:4.6543478421543%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 146.3kcal (7.31%), Fat: 5g (7.7%), Saturated Fat: 1.53g (9.53%), Carbohydrates: 18.87g (6.29%), Net Carbohydrates: 18.59g (6.76%), Sugar: 17.37g (19.3%), Cholesterol: 163.68mg (54.56%), Sodium: 139.95mg (6.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.69g (13.38%), Selenium: 14.53µg (20.75%), Vitamin B2: 0.23mg (13.41%), Phosphorus: 109.07mg (10.91%), Vitamin B5: 0.69mg (6.88%), Vitamin B12: 0.39µg (6.53%), Vitamin D:

0.88µg (5.87%), Folate: 22.12µg (5.53%), Vitamin A: 243.82IU (4.88%), Iron: 0.85mg (4.73%), Vitamin B6: 0.08mg (4.03%), Zinc: 0.58mg (3.9%), Vitamin E: 0.57mg (3.82%), Copper: 0.06mg (3.03%), Calcium: 28.29mg (2.83%), Potassium: 78.9mg (2.25%), Manganese: 0.04mg (1.89%), Magnesium: 6.68mg (1.67%), Vitamin B1: 0.02mg (1.59%), Fiber: 0.28g (1.12%)