



Fruit 'n Juice Squares

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

READY IN



230 min.

SERVINGS



50

CALORIES



28 kcal

BEVERAGE

DRINK

Ingredients

- 8.5 oz fruit cocktail drained canned
- 50 servings ice cubes
- 1 cup orange juice cold
- 6 oz jell-o strawberry flavor gelatin
- 1.5 cups water boiling
- 8 oz cool whip whipped topping divided thawed

Equipment

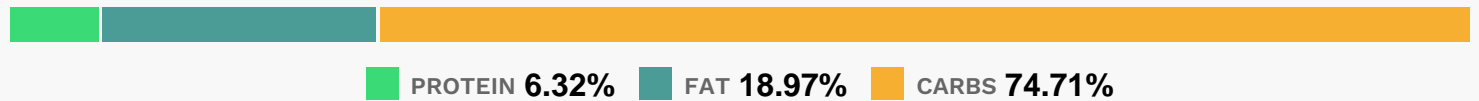
- bowl

whisk

Directions

- Add boiling water to gelatin mix in large bowl; stir at least 2 min. until completely dissolved.
- Add enough ice to juice to measure 1-1/2 cups. Stir into gelatin. Refrigerate 30 min. or until slightly thickened.
- Remove 1-1/2 cups of the gelatin; place in medium bowl. Stir in fruit; set aside.
- Stir half the COOL WHIP into remaining gelatin with whisk until well blended.
- Pour into 8-inch square dish. Refrigerate 10 min. or until set but not firm. Carefully top with fruited gelatin.
- Refrigerate 3 hours or until firm.
- Serve topped with remaining COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:2.14, Glycemic Load:0.63, Inflammation Score:-1, Nutrition Score:0.49173912503149%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 28.1kcal (1.41%), Fat: 0.61g (0.93%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 5.38g (1.79%), Net Carbohydrates: 5.33g (1.94%), Sugar: 5.09g (5.65%), Cholesterol: 0.09mg (0.03%), Sodium: 22.61mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.91%), Vitamin C: 2.57mg (3.12%), Copper: 0.02mg (1.01%)