



Goopy Gummy Worms

READY IN



45 min.

SERVINGS



30

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 ounce envs.unflavored gelatin
- ☐ 0.6 oz favorite-flavor drink mix unsweetened
- ☐ 0.6 oz favorite-flavor gelatin mix sugar-free
- ☐ 1 cup water boiling

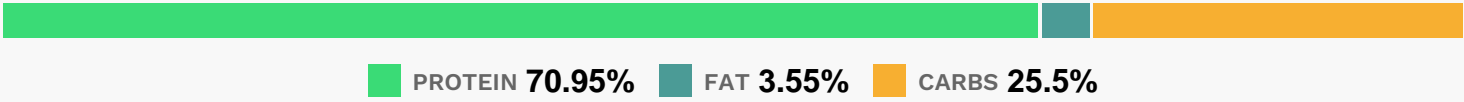
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking pan

Directions

- ☐
- Coat an 8" x 8" baking pan with non-stick vegetable spray; set aside. In a bowl, combine all ingredients and stir until dissolved.
- ☐
- Pour into prepared pan. Cover and refrigerate for 2 to 3 hours, until completely set.
- ☐
- Cut into 1/4-inch wide strips to form thin "worms" for serving as is or decorating other treats.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.36695651944889%

Nutrients (% of daily need)

Calories: 14.08kcal (0.7%), Fat: 0.06g (0.09%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.76g (0.84%), Cholesterol: 0.14mg (0.05%), Sodium: 10.89mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Copper: 0.06mg (3.22%), Selenium: 1.25µg (1.79%)