

Gourmet Gelly Shots: Malibu Goodness



Gluten Free



Dairy Free



Low Fod Map

READY IN



490 min.

SERVINGS



12

CALORIES



54 kcal

BEVERAGE

DRINK

Ingredients



1 cup coconut-flavored rum malibu® (such as)



6 ounce strawberry-banana-flavored jell-o® mix



1 cup water boiling

Equipment



bowl



baking sheet

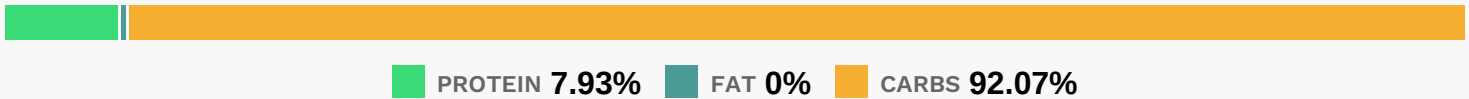


whisk

Directions

- ☐ Arrange 12 2-ounce plastic cups on a baking sheet.
- ☐ Slowly pour boiling water over gelatin mix in a bowl while whisking. Continue whisking while streaming rum into the gelatin mixture.
- ☐ Pour mixture into plastic cups.
- ☐ Refrigerate until set, 8 hours to overnight.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.23130434881086%

Nutrients (% of daily need)

Calories: 54.01kcal (2.7%), Fat: Og (0%), Saturated Fat: Og (0%), Carbohydrates: 12.83g (4.28%), Net Carbohydrates: 12.83g (4.66%), Sugar: 12.2g (13.55%), Cholesterol: Omg (0%), Sodium: 67.04mg (2.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.21%), Phosphorus: 19.99mg (2%), Selenium: 0.95µg (1.36%)