



## Happy Halloween Dessert Cups

 Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



15

CALORIES



125 kcal

### Ingredients

- 6 oz jell-o orange flavor gelatin
- 6 oz jell-o grape flavor gelatin
- 2 oz baker's semi-sweet chocolate
- 2.5 cups water boiling divided
- 1.5 cups cool whip whipped topping thawed

### Equipment

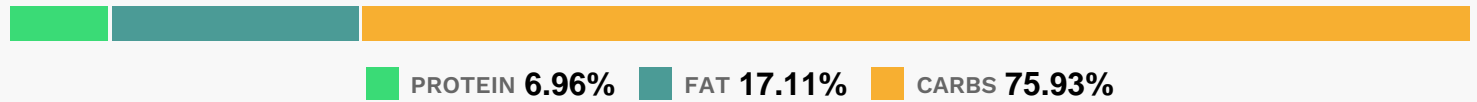
- bowl
- frying pan
- baking sheet

- ziploc bags

## Directions

- Add 1-1/4 cups boiling water to orange gelatin mixes in medium bowl; stir 2 min. until completely dissolved.
- Pour into 8-inch square pan sprayed with cooking spray. Repeat with remaining boiling water and grape gelatin mixes. Refrigerate 3 hours or until firm.
- Meanwhile, melt chocolate as directed on package; cool slightly.
- Pour into small resealable plastic bag; seal bag.
- Cut small piece off one bottom corner of bag; use to squeeze chocolate onto waxed-paper covered baking sheets to make 12 spider webs or other Halloween shapes. Refrigerate until chocolate is firm.
- Cut gelatin in each pan into 1/2-inch cubes.
- Layer orange gelatin cubes, half the COOL WHIP and grape gelatin cubes in 12 (6-oz.) plastic cups. Refrigerate until ready to serve.
- Top parfaits with remaining COOL WHIP and chocolate decorations just before serving.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0891304424276%

## Nutrients (% of daily need)

Calories: 125.1kcal (6.25%), Fat: 2.43g (3.74%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 23.97g (8.72%), Sugar: 22.67g (25.19%), Cholesterol: 0.38mg (0.13%), Sodium: 113.44mg (4.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.25mg (1.08%), Protein: 2.23g (4.45%), Phosphorus: 47.36mg (4.74%), Copper: 0.08mg (4.05%), Selenium: 2.02µg (2.88%), Manganese: 0.05mg (2.63%), Magnesium: 8.03mg (2.01%), Iron: 0.28mg (1.53%), Fiber: 0.3g (1.21%), Vitamin B2: 0.02mg (1.05%)