



Holiday Ribbon Mold

 Gluten Free

READY IN



360 min.

SERVINGS



1

CALORIES



1828 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 oz jell-o cherry flavor gelatin sugar free divided
- 6 oz jell-o lime flavor gelatin sugar free divided
- 1 cup vanilla yogurt low-fat divided
- 6.3 cups water boiling divided

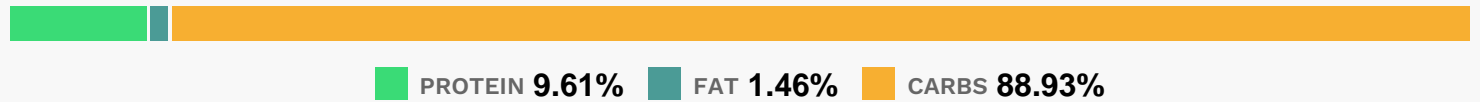
Equipment

- bowl

Directions

- Add 1-1/4 cups boiling water to 1 package cherry gelatin in small bowl; stir 2 min. until completely dissolved.
- Pour 3/4 cup of the dissolved gelatin into 8-cup ring mold sprayed with cooking spray. Refrigerate 15 min. or until gelatin is set but not firm. Refrigerate remaining gelatin in bowl 5 min. or until slightly thickened. Gradually stir in 3 Tbsp. yogurt; spoon over gelatin in mold. Refrigerate 15 min. or until gelatin is set but not firm.
- Repeat process with each remaining gelatin flavor, alternating red and green colors each time. (Be sure to cool dissolved gelatin to room temperature before pouring into mold.) Refrigerate gelatin as directed to create a total of 10 alternating clear and creamy gelatin layers.
- Refrigerate 2 hours or until firm. Unmold.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:17.190434656065%

Nutrients (% of daily need)

Calories: 1828.43kcal (91.42%), Fat: 3.06g (4.71%), Saturated Fat: 1.97g (12.34%), Carbohydrates: 418.65g (139.55%), Net Carbohydrates: 418.65g (152.24%), Sugar: 399.69g (444.1%), Cholesterol: 12.25mg (4.08%), Sodium: 2217.27mg (96.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.25g (90.49%), Phosphorus: 930.34mg (93.03%), Selenium: 40.5µg (57.85%), Calcium: 476.07mg (47.61%), Vitamin B2: 0.67mg (39.22%), Copper: 0.77mg (38.51%), Vitamin B12: 1.3µg (21.64%), Potassium: 566.32mg (16.18%), Magnesium: 62.49mg (15.62%), Zinc: 2.22mg (14.83%), Vitamin B5: 1.41mg (14.12%), Folate: 39.71µg (9.93%), Vitamin B1: 0.12mg (7.71%), Vitamin B6: 0.11mg (5.73%), Iron: 0.72mg (4.02%), Manganese: 0.06mg (2.83%), Vitamin C: 1.96mg (2.38%), Vitamin A: 105.35IU (2.11%), Vitamin B3: 0.3mg (1.5%)