



## JELL-O Jewels Dessert

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



145 kcal

### Ingredients

- 5 oz evaporated milk canned
- 3 oz jell-o lemon flavor gelatin
- 1 lemon zest
- 3 oz jell-o lime flavor gelatin
- 3 oz jell-o orange flavor gelatin
- 15.3 oz peach in heavy syrup drained chopped canned
- 0.5 cup planters pecans chopped
- 0.5 cup condensed milk sweetened canned
- 3 cups water boiling

## Equipment

- bowl
- frying pan

## Directions

- Add 1 cup boiling water to each flavor of gelatin mix in separate bowls; stir 2 min. until completely dissolved.
- Pour each flavor into separate 8-inch square pan. Refrigerate 1 hour or until firm.
- Meanwhile, mix evaporated milk, condensed milk, peaches and lemon zest; refrigerate until ready to use.
- Cut gelatin into 1/2-inch cubes; place in medium bowl.
- Add milk mixture and nuts; mix lightly.

## Nutrition Facts

    
 **PROTEIN 8.86%**  **FAT 24.15%**  **CARBS 66.99%**

## Properties

Glycemic Index:7.42, Glycemic Load:4.4, Inflammation Score:-2, Nutrition Score:3.0613043340652%

## Flavonoids

Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg, Cyanidin: 0.91mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 145.4kcal (7.27%), Fat: 4.06g (6.24%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 25.33g (8.44%), Net Carbohydrates: 24.53g (8.92%), Sugar: 23.7g (26.33%), Cholesterol: 6.21mg (2.07%), Sodium: 108.37mg (4.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Manganese: 0.17mg (8.46%), Phosphorus: 84.5mg (8.45%), Calcium: 59.56mg (5.96%), Vitamin B2: 0.09mg (5.46%), Selenium: 3.6µg (5.14%), Copper: 0.09mg (4.66%), Potassium: 117mg (3.34%), Fiber: 0.79g (3.17%), Magnesium: 12.09mg (3.02%), Vitamin A: 145.83IU (2.92%),

Vitamin B1: 0.04mg (2.87%), Vitamin C: 2.18mg (2.64%), Zinc: 0.39mg (2.61%), Vitamin B5: 0.21mg (2.13%), Vitamin E: 0.29mg (1.93%), Vitamin B3: 0.31mg (1.57%), Iron: 0.24mg (1.36%), Vitamin B6: 0.02mg (1.25%), Folate: 4.9µg (1.22%), Vitamin K: 1.1µg (1.05%)