



JELL-O & Juice Mold

 Gluten Free  Dairy Free

READY IN



340 min.

SERVINGS



40

CALORIES



25 kcal

BEVERAGE

DRINK

Ingredients

- 11 oz mandarin orange segments drained canned
- 1 cup orange juice cold
- 8 oz pineapple chunks in juice drained canned
- 6 oz jell-o strawberry flavor gelatin red or any flavor
- 2.5 cups water boiling

Equipment

- bowl

Directions

- Add boiling water to gelatin mix in medium bowl; stir 2 min. until completely dissolved. Stir in juice. Refrigerate 1-1/2 hours or until thickened.
- Stir in fruit; spoon into 6-cup mold or bowl sprayed with cooking spray.
- Refrigerate 4 hours or until firm. Unmold just before serving.

Nutrition Facts

 PROTEIN **6.99%**  FAT **0.74%**  CARBS **92.27%**

Properties

Glycemic Index:1.3, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:0.82565218015857%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 25.36kcal (1.27%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.01%), Carbohydrates: 6.11g (2.04%), Net Carbohydrates: 5.93g (2.16%), Sugar: 5.63g (6.26%), Cholesterol: 0mg (0%), Sodium: 21.06mg (0.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.92%), Vitamin C: 6.28mg (7.61%), Vitamin A: 117.52IU (2.35%), Vitamin B1: 0.02mg (1.22%)