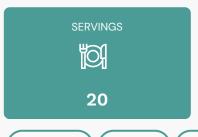


Jell-O Mold

Gluten Free







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

	7	package jello	(4 o	z size)	(colors	& flavors	are up	to y	ou)
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3.5 cup cup heavy whipping cream sour

8.8 cup water boiling

Equipment

frying pan

paper towels

sieve

kugelhopf pan

Directions Dissolve 1 pkg jello in 1 ½ cups boiling water, stir until dissolved. Spoon (do not pour) about ½ of the liquid into a 12 cup bundt cake pan. Chill until set but not firm. Meaning it sticks to your finger when touched but holds its shape. Add ½ cup sour cream to the remaining jello from the first package. Mix well, then pass through a strainer to remove all lumps. Carefully spoon (do not pour) this creamy layer onto the plain jello layer. Chill until set but not firm.Repeat with the remaining 6 packages. You may have a bit of the last layer left over.To unmold, dip the mold in a large vessel of warm water for about 10 seconds. Gently pull the jello from around the edges with a moistened finger. Place a moistened plate on top of the mold and carefully (quickly) invert. Pour off any accumulated liquid. Shake slightly to loosen the jello. Gently remove mold and center jello on plate as well as you can. Use a clean paper towel to mop up any messy liquid.It's important that your pan be exactly 12 cups, otherwise the proportions and depth of your stripes will vary.If you have a different sized pan. Improvise!

Nutrition Facts

PROTEIN 6.65% FAT 35.38% CARBS 57.97%

Properties

Glycemic Index:O, Glycemic Load:O, Inflammation Score:-2, Nutrition Score:1.7952173617871%

Nutrients (% of daily need)

Calories: 193.04kcal (9.65%), Fat: 7.81g (12.01%), Saturated Fat: 4.07g (25.41%), Carbohydrates: 28.79g (9.6%), Net Carbohydrates: 28.79g (10.47%), Sugar: 26.97g (29.97%), Cholesterol: 23.75mg (7.92%), Sodium: 156.29mg (6.8%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 3.3g (6.61%), Phosphorus: 72.54mg (7.25%), Vitamin A: 250.76IU (5.02%), Selenium: 3.48µg (4.97%), Vitamin B2: 0.08mg (4.7%), Calcium: 44.65mg (4.47%), Copper: 0.06mg (2.95%), Potassium: 52.4mg (1.5%), Magnesium: 5.66mg (1.41%), Vitamin B12: 0.08µg (1.41%), Vitamin B5: 0.14mg (1.39%), Vitamin E: 0.15mg (1.02%)