



Jell-O Mold

 Gluten Free

READY IN



360 min.

SERVINGS



20

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 7 package jello (4 oz size) (colors & flavors are up to you)
- ☐ 3.5 cup cup heavy whipping cream sour
- ☐ 8.8 cup water boiling

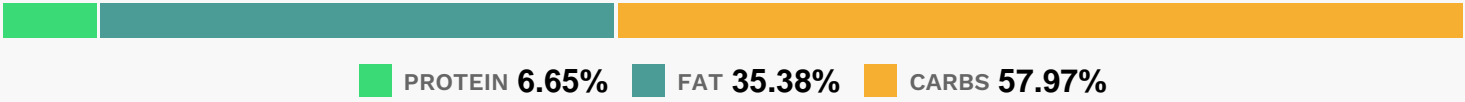
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sieve
- ☐ kugelhkopf pan

Directions

- ☐ Dissolve 1 pkg jello in 1 ¼ 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



Properties

Glycemic Index:0, Glycemic Load:0, 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: 0g (0%), Alcohol %: 0% (0%), 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%)