



## JELL-O Strawberry Breezer "Mousse-tini"

 Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



10

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup rum light
- 1 Tbsp juice of lime
- 6 oz jell-o strawberry daiquiri flavor gelatin divided
- 2.5 cups water boiling
- 16 oz cool whip whipped topping thawed

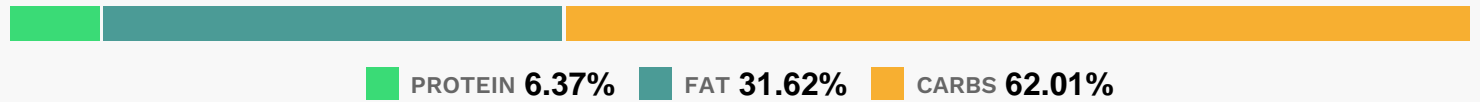
### Equipment

- bowl
- whisk

## Directions

- Spread 1 pkg. gelatin onto large plate. Dip rims of 8 (6-oz.) martini glasses in cold water, then in dry gelatin mix; set aside.
- Pour unused gelatin from plate into medium bowl.
- Add remaining gelatin mix. Gradually add boiling water, stirring at least 2 min. with whisk until gelatin is dissolved. Stir in remaining ingredients.
- Pour into prepared glasses.
- Refrigerate 2 hours or until firm.

## Nutrition Facts



## Properties

Glycemic Index:1.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2330434787209%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 194.51kcal (9.73%), Fat: 5.94g (9.14%), Saturated Fat: 5.13g (32.04%), Carbohydrates: 26.22g (8.74%), Net Carbohydrates: 26.22g (9.53%), Sugar: 25.37g (28.18%), Cholesterol: 0.91mg (0.3%), Sodium: 115.03mg (5%), Alcohol: 4.01g (100%), Alcohol %: 3.76% (100%), Protein: 2.69g (5.39%), Phosphorus: 58.24mg (5.82%), Calcium: 34.7mg (3.47%), Selenium: 2.23µg (3.19%), Vitamin B2: 0.05mg (2.85%), Copper: 0.04mg (1.85%), Vitamin E: 0.23mg (1.53%), Vitamin B12: 0.09µg (1.51%), Potassium: 49mg (1.4%), Vitamin K: 1.46µg (1.39%), Magnesium: 4.23mg (1.06%)