



JELL-O® Cookie Cups

 Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



135 kcal

Ingredients

- 1 pkg jell-o gelatin (4-serving size)
- 2 cups whipped cream softened
- 16 vanilla wafers divided
- 1.3 cups water boiling
- 0.5 cup cool whip whipped topping thawed

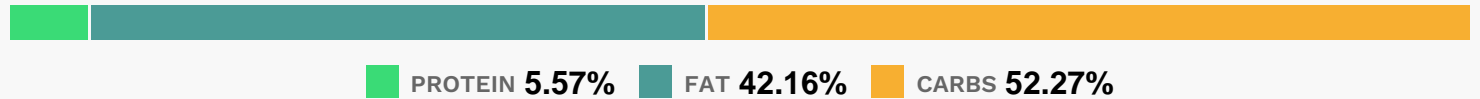
Equipment

- bowl

Directions

- Stir boiling water into gelatin in medium bowl at least 2 minutes until completely dissolved.
- Add ice cream; stir until melted.
- Place 1 wafer in each of 8 small cups. Cover evenly with the gelatin mixture.
- Refrigerate 30 to 45 minutes or until firm. Top with the whipped topping and remaining 8 wafers just before serving. Store leftover dessert cups in refrigerator.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:11.23, Inflammation Score:-1, Nutrition Score:1.8900000038354%

Nutrients (% of daily need)

Calories: 134.67kcal (6.73%), Fat: 6.33g (9.74%), Saturated Fat: 3.45g (21.59%), Carbohydrates: 17.67g (5.89%), Net Carbohydrates: 17.27g (6.28%), Sugar: 11.89g (13.22%), Cholesterol: 14.73mg (4.91%), Sodium: 80.11mg (3.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.77%), Vitamin B2: 0.11mg (6.55%), Calcium: 46.75mg (4.67%), Vitamin B1: 0.06mg (4.33%), Phosphorus: 43.21mg (4.32%), Folate: 12.39µg (3.1%), Vitamin A: 142.4IU (2.85%), Potassium: 80.5mg (2.3%), Vitamin B12: 0.14µg (2.3%), Vitamin B5: 0.19mg (1.92%), Vitamin B3: 0.36mg (1.78%), Fiber: 0.4g (1.6%), Zinc: 0.24mg (1.58%), Magnesium: 5.35mg (1.34%), Selenium: 0.76µg (1.08%)