



## JELL-O® Easy Patriotic Flag Dessert

 Gluten Free

READY IN



150 min.

SERVINGS



30

CALORIES



124 kcal

DESSERT

### Ingredients

- 0.5 cup blueberries
- 16 oz philadelphia cream cheese softened
- 2 cups ice cubes divided
- 2 pkg jell-o berry flavor gelatin blue (4-serving size each)
- 2 cups strawberries halved
- 2 pkg jell-o strawberry flavor gelatin red or any flavor (4-serving size each)
- 0.3 cup sugar
- 3 cups water boiling divided

8 oz cool whip whipped topping divided thawed

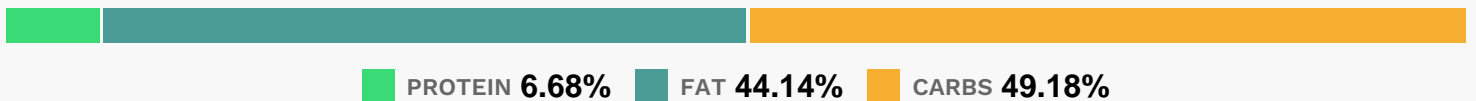
## Equipment

bowl

## Directions

- Stir 1-1/2 cups of the boiling water into dry blue gelatin in medium bowl at least 2 min. until completely dissolved.
- Add 1 cup of the ice cubes; stir until ice is completely melted.
- Pour into 13x9-inch dish. Refrigerate 20 min. or until gelatin is set but not firm.
- Place cream cheese, sugar and half of the whipped topping in large bowl; beat until well blended. Spoon over blue gelatin layer in dish; spread carefully to evenly cover gelatin layer. Stir remaining 1-1/2 cups boiling water into strawberry gelatin in separate bowl at least 2 min. until completely dissolved.
- Add remaining 1 cup ice cubes; stir until ice is completely melted.
- Let stand at room temperature 5 min. or until slightly thickened. Spoon over cream cheese layer in dish. Refrigerate 3 hours or until set.
- Spread remaining whipped topping over dessert just before serving. Decorate with strawberries and blueberries to resemble a flag. Store leftover dessert in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:5.9, Glycemic Load:1.73, Inflammation Score:-2, Nutrition Score:1.7165217373682%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Malvidin: 1.67mg, Malvidin: 1.67mg, Malvidin: 1.67mg, Malvidin: 1.67mg Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg Peonidin: 0.51mg, Peonidin: 0.51mg, Peonidin: 0.51mg, Peonidin: 0.51mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.06mg

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## **Nutrients (% of daily need)**

Calories: 123.93kcal (6.2%), Fat: 6.23g (9.59%), Saturated Fat: 3.91g (24.44%), Carbohydrates: 15.63g (5.21%), Net Carbohydrates: 15.38g (5.59%), Sugar: 14.48g (16.09%), Cholesterol: 15.42mg (5.14%), Sodium: 107.84mg (4.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.25%), Vitamin C: 5.88mg (7.13%), Vitamin A: 211.14IU (4.22%), Phosphorus: 40.35mg (4.04%), Selenium: 2.29µg (3.27%), Vitamin B2: 0.05mg (2.92%), Manganese: 0.05mg (2.42%), Calcium: 23.26mg (2.33%), Copper: 0.03mg (1.46%), Vitamin E: 0.21mg (1.4%), Potassium: 45.01mg (1.29%), Vitamin K: 1.25µg (1.19%), Folate: 4.38µg (1.09%), Vitamin B5: 0.1mg (1.03%)