

# JELL-O® EGG JIGGLERS

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



190 min.

SERVINGS



12

CALORIES



110 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 servings jell-o egg jiggers egg mold
- 6 oz jell-o gelatin
- 1.5 cups water boiling cold (Do not add water.)

## Equipment

- bowl
- knife
- measuring cup

## Directions

- Spray insides of both sides of egg mold and along rims with cooking spray. Close mold, matching up rims of egg halves. Snap each of the 6 individual egg halves together until each egg is firmly sealed. Inspect each egg to make sure it is closed and sealed.
- Place mold, fill-side up, on tray.
- Add boiling water to gelatin mix in large bowl; stir 3 min. until completely dissolved.
- Pour into measuring cup with pour spout. Immediately pour into mold through fill-holes until each egg is filled just to top of egg shape. (Any remaining gelatin mixture can be poured into custard cup.)
- Refrigerate 3 hours or until firm. Open mold using a dull flat knife to gently pry between the halves of each egg. (Do not pull on the handle.) Turn mold over and shake gently to unmold eggs. Keep refrigerated.

## Nutrition Facts

**PROTEIN 64.42%** **FAT 34.43%** **CARBS 1.15%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:5.3973912616139%

## Nutrients (% of daily need)

Calories: 110.41kcal (5.52%), Fat: 4.2g (6.46%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 0.32g (0.11%), Net Carbohydrates: 0.32g (0.12%), Sugar: 0.16g (0.18%), Cholesterol: 163.68mg (54.56%), Sodium: 91.74mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.68g (35.36%), Selenium: 19.11µg (27.3%), Copper: 0.34mg (17.14%), Vitamin B2: 0.23mg (13.75%), Phosphorus: 92.65mg (9.26%), Vitamin B5: 0.69mg (6.92%), Vitamin B12: 0.39µg (6.53%), Folate: 24.93µg (6.23%), Vitamin D: 0.88µg (5.87%), Iron: 0.93mg (5.15%), Vitamin A: 237.6IU (4.75%), Zinc: 0.59mg (3.94%), Vitamin B6: 0.08mg (3.79%), Calcium: 33.32mg (3.33%), Vitamin E: 0.46mg (3.08%), Magnesium: 8.69mg (2.17%), Potassium: 62.99mg (1.8%), Vitamin B1: 0.02mg (1.41%), Manganese: 0.03mg (1.36%)