



JELL-O® Fruit Medley

 Gluten Free

READY IN



255 min.

SERVINGS



15

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.8 cup cool whip free whipped topping thawed
- 2 cups fruit such as strawberry slices, blueberries, peeled peach slices assorted
- 1 pkg jell-o gelatin sugar free (4-serving size)
- 1 cup water boiling
- 1 cup water cold

Equipment

- bowl
- frying pan

Directions

- Stir boiling water into dry gelatin in medium bowl at least 2 min. until completely dissolved. Stir in cold water.
- Pour into 9-inch square pan. Refrigerate 4 hours or until firm.
- Cut gelatin into 1/2-inch cubes; spoon evenly into 6 dessert dishes. Top each with 1/3 cup of the fruit and 2 Tbsp. of the whipped topping just before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.74565216915115%

Nutrients (% of daily need)

Calories: 23.82kcal (1.19%), Fat: 0.22g (0.34%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 5.57g (1.86%), Net Carbohydrates: 5.05g (1.84%), Sugar: 4.16g (4.62%), Cholesterol: 0.6mg (0.2%), Sodium: 5.99mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.63%), Fiber: 0.52g (2.08%), Vitamin A: 101.99IU (2.04%), Vitamin B2: 0.03mg (1.82%), Copper: 0.03mg (1.55%), Vitamin K: 1.46µg (1.4%)