



## JELL-O® with Fruit Mold

 Gluten Free  Dairy Free

READY IN



345 min.

SERVINGS



12

CALORIES



56 kcal

SIDE DISH

### Ingredients

- 0.8 cup blueberries
- 0.8 cup strawberries chopped
- 1 pkg jell-o strawberry flavor gelatin sugar free (8-serving size)
- 1.5 cups water boiling
- 1.5 cups water cold
- 1.5 cups cool whip whipped topping sugar free thawed

### Equipment

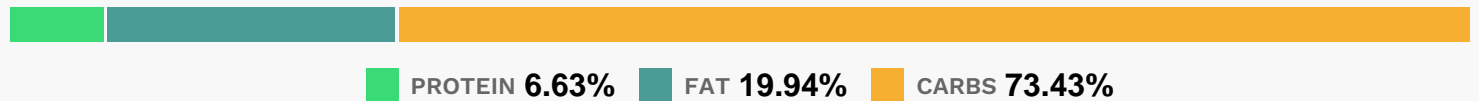
- bowl

whisk

## Directions

- Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved. Stir in cold water. Refrigerate 1-1/4 hours or until slightly thickened.
- Remove 1-1/2 cups of the gelatin; let stand at room temperature.
- Stir fruit into remaining gelatin. Spoon into 6-cup mold sprayed with cooking spray. Refrigerate 15 min. or until set but not firm. (Gelatin should stick to finger when touched and should mound.)
- Add COOL WHIP to reserved gelatin; stir with whisk until well blended. Spoon over gelatin layer in mold. Refrigerate 4 hours or until firm. Unmold just before serving.

## Nutrition Facts



## Properties

Glycemic Index:6.67, Glycemic Load:0.65, Inflammation Score:-1, Nutrition Score:1.1960869450932%

## Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Petunidin: 2.93mg, Petunidin: 2.93mg, Petunidin: 2.93mg, Petunidin: 2.93mg Delphinidin: 3.31mg, Delphinidin: 3.31mg, Delphinidin: 3.31mg, Delphinidin: 3.31mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

## Nutrients (% of daily need)

Calories: 56.14kcal (2.81%), Fat: 1.29g (1.98%), Saturated Fat: 1.06g (6.65%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 10.25g (3.73%), Sugar: 9.67g (10.74%), Cholesterol: 0.19mg (0.06%), Sodium: 42.9mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin C: 6.19mg (7.5%), Manganese: 0.07mg (3.33%), Vitamin K: 2.28µg (2.17%), Phosphorus: 20.19mg (2.02%), Fiber: 0.4g (1.61%), Copper: 0.03mg (1.42%), Selenium: 0.74µg (1.06%), Calcium: 10.64mg (1.06%), Vitamin B2: 0.02mg (1.01%)