



## Juicy EGG JIGGLERS

 **Gluten Free**  **Dairy Free**

READY IN



190 min.

SERVINGS



6

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

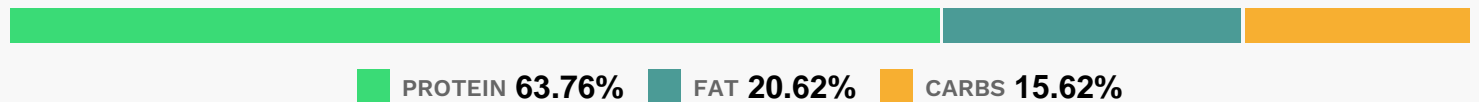
### Equipment

- bowl
- paper towels
- knife
- measuring cup

## Directions

- Use paper towel to wipe insides and along rims of both sides of egg mold with vegetable oil. (Or, spray with cooking spray.) Close mold, matching up rims of egg halves. Snap each of the egg halves together until firmly sealed.
- Place mold, fill-side up, on tray.
- Add apple juice to gelatin mix in large bowl; stir 3 min. until completely dissolved.
- Pour into measuring cup with pour spout. Immediately pour gelatin through fill-holes in tops of mold until eggs are filled just to the tops. (Any remaining gelatin mixture can be poured into a custard cup.)
- Refrigerate 3 hours or until firm. Use dull flat knife to gently pry open egg halves. (Do not pull on handle.) Turn mold over and shake gently to release eggs. Keep refrigerated.

## Nutrition Facts



## Properties

Glycemic Index:6.79, Glycemic Load:2.8, Inflammation Score:-2, Nutrition Score:7.1739131704621%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 186.41kcal (9.32%), Fat: 4.29g (6.61%), Saturated Fat: 1.41g (8.82%), Carbohydrates: 7.32g (2.44%), Net Carbohydrates: 7.2g (2.62%), Sugar: 6.13g (6.81%), Cholesterol: 163.68mg (54.56%), Sodium: 120.53mg (5.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.87g (59.75%), Selenium: 24.77µg (35.38%), Copper: 0.65mg (32.59%), Vitamin B2: 0.28mg (16.28%), Phosphorus: 102.52mg (10.25%), Vitamin B5: 0.74mg (7.4%), Folate: 29.18µg (7.3%), Vitamin B12: 0.39µg (6.53%), Iron: 1.16mg (6.44%), Vitamin D: 0.88µg (5.87%), Vitamin A: 238.22IU (4.76%), Calcium: 45.19mg (4.52%), Manganese: 0.09mg (4.4%), Vitamin B6: 0.09mg (4.4%), Zinc: 0.62mg (4.13%), Magnesium: 14.62mg (3.65%), Potassium: 127.88mg (3.65%), Vitamin E: 0.47mg (3.12%), Vitamin B1: 0.04mg (2.51%)