



## Layered JELL-O® Flower Box

 Dairy Free

READY IN



125 min.

SERVINGS



5

CALORIES



351 kcal

SIDE DISH

### Ingredients

- 0.3 cup baker's angel flake coconut
- 3 drops food coloring green
- 2 pkg jell-o gelatin (4-serving size each)
- 38 vanilla wafers divided
- 3 cups water boiling
- 8 oz cool whip whipped topping frozen (still )

### Equipment

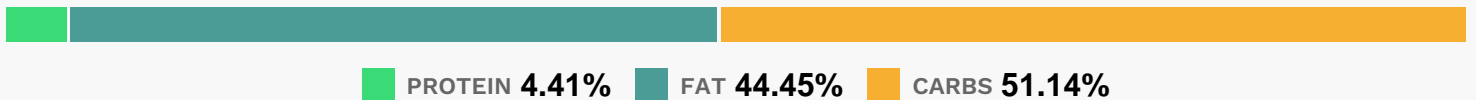
- bowl

- whisk
- ziploc bags
- rolling pin

## Directions

- Stir boiling water into gelatin in large bowl until completely dissolved. Gradually add frozen whipped topping, stirring with wire whisk until whipped topping is completely melted and mixture is well blended.
- Pour into 9x5-inch loaf dish. Refrigerate 2 hours or until set.
- Place 24 of the wafers in resealable plastic bag; use a rolling pin to roll over the bag to finely crush the wafers.
- Add coconut and food coloring; seal bag and shake gently until crumbs are evenly tinted.
- Sprinkle evenly over gelatin. Arrange remaining 14 wafers around edges to resemble a window flower box.

## Nutrition Facts



## Properties

Glycemic Index:15.4, Glycemic Load:25.18, Inflammation Score:-1, Nutrition Score:3.7569564946968%

## Nutrients (% of daily need)

Calories: 351.02kcal (17.55%), Fat: 17.53g (26.97%), Saturated Fat: 10.97g (68.55%), Carbohydrates: 45.38g (15.13%), Net Carbohydrates: 43.82g (15.93%), Sugar: 25.53g (28.37%), Cholesterol: 1.36mg (0.45%), Sodium: 225.95mg (9.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.83%), Vitamin B1: 0.2mg (13.61%), Folate: 42.12µg (10.53%), Vitamin B2: 0.15mg (8.96%), Manganese: 0.16mg (7.8%), Phosphorus: 64.55mg (6.45%), Vitamin B3: 1.27mg (6.33%), Fiber: 1.56g (6.25%), Copper: 0.08mg (4.05%), Calcium: 38.16mg (3.82%), Selenium: 2.3µg (3.28%), Potassium: 114.95mg (3.28%), Magnesium: 9.78mg (2.45%), Vitamin E: 0.25mg (1.68%), Vitamin B12: 0.09µg (1.51%), Vitamin K: 1.47µg (1.4%), Iron: 0.24mg (1.32%), Vitamin B6: 0.03mg (1.3%), Zinc: 0.17mg (1.16%)