



Layered Lemon-Grape Bites

 Gluten Free

READY IN



75 min.

SERVINGS



32

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup cream sour
- 0.7 cup grapes green seedless quartered
- 9 ounce gelatin mix divided
- 0.7 cup grapes red seedless quartered
- 1.5 cups water boiling divided

Equipment

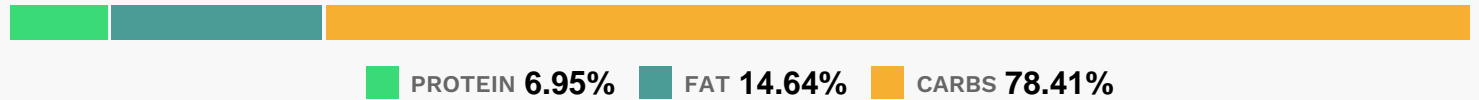
- bowl
- frying pan

whisk

Directions

- Add 1/2 cup boiling water to 1 pkg. gelatin mix; stir 2 min. until completely dissolved.
- Pour into 9-inch square pan sprayed with cooking spray; top with grapes. Refrigerate 20 min. or until gelatin is set but not firm.
- Meanwhile, add remaining boiling water to remaining gelatin mixes; stir 2 min. until completely dissolved.
- Let stand at room temperature until ready to use.
- Whisk sour cream into cooled gelatin in bowl until well blended; pour over gelatin in pan. Refrigerate 1 hour or until firm. Unmold before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:2.88, Glycemic Load:0.5, Inflammation Score:-1, Nutrition Score:0.41260869315137%

Nutrients (% of daily need)

Calories: 41.84kcal (2.09%), Fat: 0.71g (1.09%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 8.52g (2.84%), Net Carbohydrates: 8.46g (3.08%), Sugar: 7.96g (8.84%), Cholesterol: 2.12mg (0.71%), Sodium: 38.95mg (1.69%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.75g (1.51%), Phosphorus: 15.23mg (1.52%)