

Lemon Drop Jello Shots

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

SIDE DISH

Ingredients

- 6 optional: lemon cut in half lengthwise
- 3 oz gelatin mix
- 3 oz gelatin mix
- 3 tablespoons sugar
- 1 cup water boiling
- 0.5 cup juice of lemon fresh
- 0.5 cup optional: lemon cold

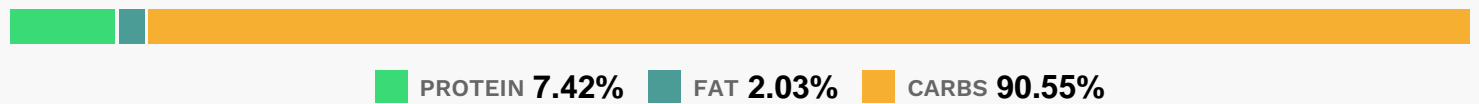
Equipment

- knife
- muffin tray

Directions

- Empty out the citrus to create a vessel. Juice the citrus first as it makes it easier for pulp removal. Reserve juice.
- Hollow out the citrus by turning them inside out and take out the pith and membrane.
- Make jello according to recipe above.
- Place citrus cups into muffin pan holes.
- Pour in jello.
- Chill overnight - Use a sharp, straight edge knife to cut into wedges

Nutrition Facts



Properties

Glycemic Index:30.27, Glycemic Load:9.42, Inflammation Score:-6, Nutrition Score:8.904347826087%

Flavonoids

Eriodictyol: 41.75mg, Eriodictyol: 41.75mg, Eriodictyol: 41.75mg, Eriodictyol: 41.75mg Hesperetin: 57mg, Hesperetin: 57mg, Hesperetin: 57mg, Hesperetin: 57mg Naringenin: 1.46mg, Naringenin: 1.46mg, Naringenin: 1.46mg, Naringenin: 1.46mg Luteolin: 3.58mg, Luteolin: 3.58mg, Luteolin: 3.58mg, Luteolin: 3.58mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg, Quercetin: 2.26mg

Nutrients (% of daily need)

Calories: 258.04kcal (12.9%), Fat: 0.67g (1.03%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 67.12g (22.37%), Net Carbohydrates: 61.75g (22.46%), Sugar: 51.05g (56.72%), Cholesterol: 0mg (0%), Sodium: 205.29mg (8.93%), Protein: 5.5g (10.99%), Vitamin C: 111.71mg (135.4%), Fiber: 5.37g (21.48%), Phosphorus: 92.56mg (9.26%), Potassium: 294.7mg (8.42%), Vitamin B6: 0.17mg (8.26%), Folate: 28.11µg (7.03%), Iron: 1.22mg (6.75%), Copper: 0.13mg (6.74%), Vitamin B1: 0.08mg (5.6%), Calcium: 53.98mg (5.4%), Selenium: 3.69µg (5.27%), Magnesium: 18.35mg (4.59%), Vitamin B5: 0.4mg (4.04%), Vitamin B2: 0.06mg (3.61%), Manganese: 0.07mg (3.26%), Vitamin E: 0.33mg (2.19%), Vitamin B3: 0.22mg (1.1%)