



Loopy Lime and Lychee Gelatin Parfait

 Gluten Free

READY IN



130 min.

SERVINGS



4

CALORIES



526 kcal

DESSERT

Ingredients

- ☐ 1 cup heavy cream
- ☐ 3 ounce lime-flavored gelatin recommended: Jell-O
- ☐ 20 ounce lychees in syrup sliced in half, 1/3 cup syrup reserved canned
- ☐ 4 servings maraschino cherries for garnish
- ☐ 0.3 cup sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.7 cup vanilla-flavored vodka

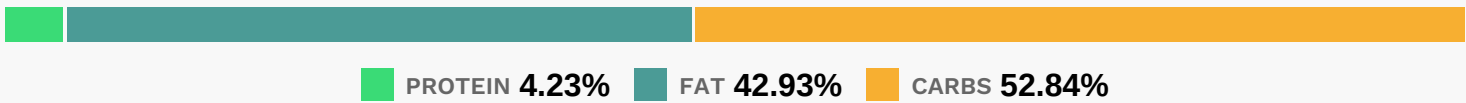
Equipment

- ☐ bowl
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Evenly divide the lychees cut-side down among 4 parfait glasses.
- ☐ Add the gelatin powder to a large measuring cup.
- ☐ Add 1/2 cup of boiling water and stir until the powder is dissolved. Stir in the lychee syrup and vodka.
- ☐ Pour over the prepared glasses and refrigerate until gelatin sets, about 2 hours.
- ☐ Meanwhile, whip the cream. In a large bowl add the heavy cream and whisk briskly until soft peaks form, then add the sugar and vanilla and continue to whisk until firm peaks form when the whisk is removed.
- ☐ Once the gelatin sets, top with whipped cream and a cherry for garnish.

Nutrition Facts



Properties

Glycemic Index:21.27, Glycemic Load:8.73, Inflammation Score:-7, Nutrition Score:9.4965218253758%

Nutrients (% of daily need)

Calories: 526.36kcal (26.32%), Fat: 21.53g (33.12%), Saturated Fat: 13.69g (85.54%), Carbohydrates: 59.61g (19.87%), Net Carbohydrates: 58.03g (21.1%), Sugar: 55.74g (61.93%), Cholesterol: 67.24mg (22.41%), Sodium: 117.31mg (5.1%), Alcohol: 13.45g (100%), Alcohol %: 6.08% (100%), Protein: 4.78g (9.55%), Vitamin C: 101.71mg (123.28%), Vitamin A: 876.9IU (17.54%), Vitamin B2: 0.22mg (12.83%), Copper: 0.25mg (12.68%), Phosphorus: 110.6mg (11.06%), Potassium: 302.47mg (8.64%), Selenium: 4.71µg (6.73%), Vitamin D: 0.95µg (6.35%), Fiber: 1.58g (6.31%), Calcium: 49.85mg (4.98%), Magnesium: 19mg (4.75%), Vitamin B3: 0.9mg (4.48%), Manganese: 0.08mg (4.13%), Vitamin E: 0.55mg (3.67%), Iron: 0.56mg (3.1%), Vitamin B1: 0.03mg (2.01%), Folate: 7.98µg (1.99%), Vitamin K: 1.98µg (1.88%), Vitamin B12: 0.1µg (1.59%), Vitamin B5: 0.16mg (1.57%), Vitamin B6: 0.02mg (1.07%), Zinc: 0.16mg (1.06%)