



Low-Fat Fruit 'n Juice Squares

 Gluten Free

READY IN



260 min.

SERVINGS



20

CALORIES



50 kcal

BEVERAGE

DRINK

Ingredients

- 8 oz cool whip free whipped topping divided thawed
- 20 servings ice cubes
- 20 oz pineapple chunks in juice undrained canned
- 1 pkg pkg. jell-o strawberry flavor gelatin sugar free (8-serving size) (4-serving size each)
- 1.5 cups water boiling

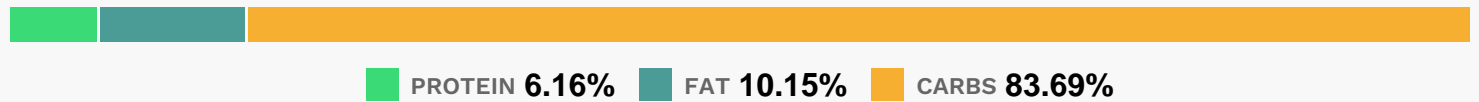
Equipment

- bowl
- whisk

Directions

- Stir boiling water into gelatin in large bowl at least 2 minutes until completely dissolved.
- Drain pineapple, reserving juice.
- Add enough ice to juice to measure 1-1/2 cups.
- Add to gelatin; stir until ice is completely melted. Refrigerate about 45 minutes or until slightly thickened.
- Remove 1-1/2 cups of the gelatin; stir in pineapple.
- Add 1/2 of the whipped topping to remaining gelatin; stir with wire whisk until well blended.
- Pour into 9-inch square dish. Refrigerate about 15 minutes until set but not firm. Carefully spoon fruited gelatin over creamy layer in dish.
- Refrigerate at least 3 hours or until firm.
- Cut into squares.
- Serve topped with remaining whipped topping.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.3234782535583%

Nutrients (% of daily need)

Calories: 50.1kcal (2.5%), Fat: 0.6g (0.92%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 10.68g (3.88%), Sugar: 9.51g (10.57%), Cholesterol: 1.81mg (0.6%), Sodium: 31.94mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.63%), Vitamin B2: 0.08mg (4.58%), Vitamin C: 2.66mg (3.23%), Vitamin B1: 0.05mg (3.06%), Vitamin B12: 0.17µg (2.8%), Copper: 0.05mg (2.47%), Calcium: 19.12mg (1.91%), Vitamin B6: 0.04mg (1.76%), Fiber: 0.41g (1.66%), Phosphorus: 15.69mg (1.57%), Magnesium: 5.98mg (1.5%), Potassium: 47.7mg (1.36%), Selenium: 0.74µg (1.05%)