



MMMMonster JIGGLERS

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



195 min.

SERVINGS



15

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tube decorating gel black
- 3 oz jell-o lime flavor gelatin
- 0.3 cup jell-o grape flavor gelatin ()
- 32 pieces string licorice red ()
- 1.7 cups water boiling divided

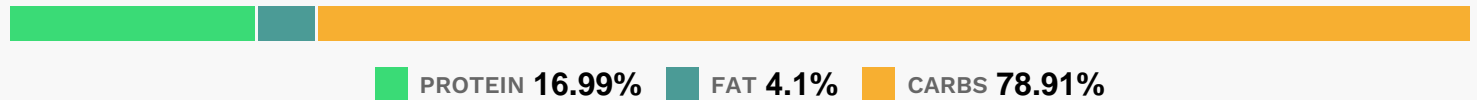
Equipment

- bowl

Directions

- Spray 16 (1-oz.) plastic shot glasses with cooking spray.
- Add 1-1/3 cups boiling water to lime gelatin mix in medium bowl; stir 2 min. until completely dissolved. (Do not add cold water.) Refrigerate 12 to 15 min. or until slightly thickened.
- Meanwhile, add remaining 1/3 cup boiling water to grape gelatin mix in small bowl; stir 2 min. until completely dissolved. Spoon about 1-1/4 tsp. into each shot glass.
- Let set 5 min.
- Spoon lime gelatin over grape gelatin in glasses. Refrigerate 3 hours or until firm.
- Unmold JIGGLERS onto tray just before serving. Insert 2 licorice pieces into opposite sides of JIGGLERS for the neck bolts. Decorate with gel to resemble monsters as shown in photo.

Nutrition Facts



Properties

Glycemic Index:3.07, Glycemic Load:4.19, Inflammation Score:-8, Nutrition Score:14.772174016289%

Flavonoids

Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg, Quercetin: 5.82mg

Nutrients (% of daily need)

Calories: 89.07kcal (4.45%), Fat: 0.47g (0.72%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 20.32g (6.77%), Net Carbohydrates: 14.56g (5.29%), Sugar: 12.13g (13.48%), Cholesterol: 0mg (0%), Sodium: 42.17mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.75%), Vitamin K: 91.73µg (87.37%), Vitamin C: 26.03mg (31.55%), Vitamin A: 1472IU (29.44%), Manganese: 0.46mg (23.07%), Fiber: 5.76g (23.04%), Folate: 70.58µg (17.65%), Vitamin B6: 0.3mg (15.04%), Magnesium: 53.72mg (13.43%), Vitamin B2: 0.22mg (13.2%), Potassium: 450.55mg (12.87%), Iron: 2.21mg (12.25%), Vitamin B1: 0.18mg (11.67%), Phosphorus: 89.55mg (8.96%), Calcium: 79.9mg (7.99%), Copper: 0.16mg (7.93%), Vitamin B3: 1.57mg (7.83%), Vitamin E: 0.87mg (5.83%), Vitamin B5: 0.48mg (4.81%), Zinc: 0.52mg (3.43%), Selenium: 1.68µg (2.4%)