



Mosaic JELL-O

 Gluten Free

READY IN



260 min.

SERVINGS



20

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz evaporated milk canned
- 9 oz jell-o lemon flavor gelatin divided
- 3 oz jell-o orange flavor gelatin
- 3 oz jell-o strawberry flavor gelatin
- 6.5 cups water divided

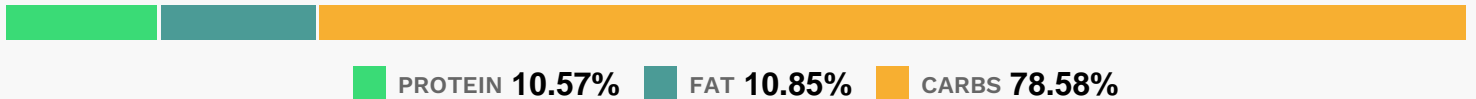
Equipment

- bowl
- frying pan

Directions

- Bring 4-1/2 cups water to boil. Dissolve strawberry, orange and 1 pkg. lemon gelatin mix each in 1-1/2 cups boiling water in separate bowls.
- Pour each flavor gelatin into separate 8-inch square pan. Refrigerate 40 min. or until firm.
- Cut into 1/2-inch cubes; refrigerate until ready to use.
- Bring remaining water to boil.
- Add to remaining lemon gelatin mixes; stir until dissolved. Stir in evaporated milk.
- Pour into 12-cup fluted tube pan or gelatin mold sprayed with cooking spray. Refrigerate 30 min.
- Add gelatin cubes to gelatin in pan; stir gently. Refrigerate 2 hours or until firm. Unmold before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2421739059298%

Nutrients (% of daily need)

Calories: 103.97kcal (5.2%), Fat: 1.29g (1.98%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 20.95g (6.98%), Net Carbohydrates: 20.95g (7.62%), Sugar: 20g (22.22%), Cholesterol: 4.93mg (1.64%), Sodium: 120.96mg (5.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.63%), Phosphorus: 64.51mg (6.45%), Calcium: 47.34mg (4.73%), Vitamin B2: 0.06mg (3.67%), Selenium: 1.82µg (2.59%), Copper: 0.04mg (2.01%), Potassium: 53.03mg (1.52%), Magnesium: 5.28mg (1.32%), Vitamin B5: 0.11mg (1.11%)