



## Orange-Mocha Minis

 Gluten Free

READY IN



210 min.

SERVINGS



30

CALORIES



34 kcal

BEVERAGE

DRINK

### Ingredients

- 0.3 cup coffee-flavored liqueur cold
- 1 pkg jell-o chocolate flavor pudding instant (4-serving size)
- 0.8 cup milk
- 6 oz jell-o orange flavor gelatin
- 2.3 cups water boiling

### Equipment

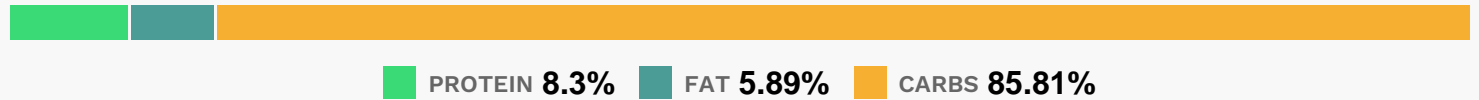
- frying pan
- whisk

cookie cutter

## Directions

- Add boiling water to gelatin mixes; stir 2 min. until completely dissolved. Cool 20 min.
- Beat milk, liqueur and pudding mix with whisk 2 min.
- Add to gelatin; mix well.
- Pour into 9-inch square pan.
- Refrigerate 3 hours or until firm. Dip bottom of pan in warm water 15 sec. Use cookie cutters to cut gelatin into shapes. Refrigerate leftovers.

## Nutrition Facts



## Properties

Glycemic Index:1.27, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:0.29826086605697%

## Nutrients (% of daily need)

Calories: 34.38kcal (1.72%), Fat: 0.2g (0.31%), Saturated Fat: 0.12g (0.73%), Carbohydrates: 6.67g (2.22%), Net Carbohydrates: 6.67g (2.43%), Sugar: 6.42g (7.14%), Cholesterol: 0.73mg (0.24%), Sodium: 30.31mg (1.32%), Alcohol: 0.57g (100%), Alcohol %: 2.24% (100%), Protein: 0.65g (1.29%), Phosphorus: 14.18mg (1.42%)