



Patriotic Layers

 **Gluten Free**  **Dairy Free**

READY IN



390 min.

SERVINGS



30

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup blueberries
- 1 pkg jell-o berry flavor gelatin blue (8-serving size)
- 1 cup strawberries sliced
- 1 pkg jell-o strawberry flavor gelatin (8-serving size)
- 2 cups water cold
- 4 cups water boiling
- 12 oz cool whip whipped topping thawed

Equipment

bowl

Directions

- Stir 2 cups of the boiling water into each flavor dry gelatin mix in separate medium bowls 2 min. or until completely dissolved. Stir 1 cup cold water into gelatin in each bowl. Refrigerate blue gelatin 1-1/2 hours or until thickened (spoon drawn through leaves definite impression).
- Let strawberry gelatin stand at room temperature.
- Add blueberries to thickened blue gelatin; stir.
- Pour into 4- to 6-qt. glass bowl. Refrigerate 30 min. or until set but not firm (gelatin should stick to finger when touched and should mound).
- Spread with 3-1/2 cups of the whipped topping; refrigerate. Meanwhile, refrigerate strawberry gelatin 1-1/2 hours or until thickened. Stir in strawberries; spoon over whipped topping layer.
- Refrigerate 3 hours or until firm. Top with the remaining whipped topping. Store in refrigerator.

Nutrition Facts

 **PROTEIN 6.47%**  **FAT 25.94%**  **CARBS 67.59%**

Properties

Glycemic Index:2.67, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:0.80000000285066%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg, Petunidin: 1.56mg Delphinidin: 1.76mg, Delphinidin: 1.76mg, Delphinidin: 1.76mg, Delphinidin: 1.76mg Malvidin: 3.33mg, Malvidin: 3.33mg, Malvidin: 3.33mg, Malvidin: 3.33mg Pelargonidin: 1.19mg, Pelargonidin: 1.19mg, Pelargonidin: 1.19mg, Pelargonidin: 1.19mg Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg, Peonidin: 1mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 51.34kcal (2.57%), Fat: 1.52g (2.33%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 8.89g (2.96%), Net Carbohydrates: 8.67g (3.15%), Sugar: 8.28g (9.2%), Cholesterol: 0.23mg (0.08%), Sodium: 37.03mg (1.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.7%), Vitamin C: 3.3mg (4%), Phosphorus: 18.13mg (1.81%), Manganese: 0.04mg (1.79%), Vitamin K: 1.42µg (1.35%), Calcium: 10.7mg (1.07%), Copper: 0.02mg (1.03%)