



## Peppermint Parfaits

 Gluten Free

READY IN



265 min.

SERVINGS



4

CALORIES



132 kcal

DESSERT

### Ingredients

- 7 starlight mints red
- 3 oz jell-o raspberry flavor gelatin
- 1.8 cups water divided
- 1 cup cool whip whipped topping divided thawed

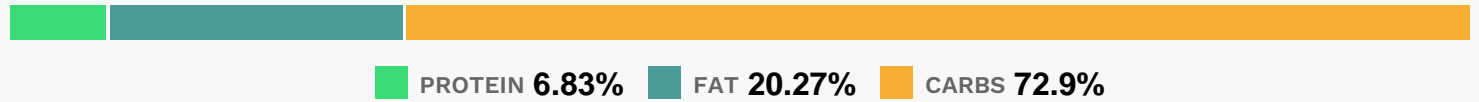
### Equipment

- bowl
- sauce pan
- whisk

## Directions

- Bring mints and 1 cup water to boil in saucepan; simmer on medium–low heat 5 min. or until mints are completely dissolved, stirring constantly.
- Add to gelatin mix in medium bowl; stir 2 min. until completely dissolved. Stir in remaining water.
- Remove 1 cup gelatin; reserve, at room temperature, for later use.
- Refrigerate remaining gelatin 45 min. or until slightly thickened.
- Whisk in 1/2 cup COOL WHIP until blended.
- Pour into 4 dessert glasses. Refrigerate 20 min. or until gelatin mixture is set but not firm.
- Pour reserved gelatin over gelatin layers in dessert glasses. Refrigerate 3 hours or until firm. Top with remaining COOL WHIP before serving.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:0, Nutrition Score:0.78478260783722%

## Nutrients (% of daily need)

Calories: 132.11kcal (6.61%), Fat: 3.05g (4.69%), Saturated Fat: 2.62g (16.37%), Carbohydrates: 24.67g (8.22%), Net Carbohydrates: 24.62g (8.95%), Sugar: 23.63g (26.25%), Cholesterol: 0.38mg (0.13%), Sodium: 118.67mg (5.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.62%), Phosphorus: 43.85mg (4.39%), Selenium: 1.87µg (2.68%), Copper: 0.04mg (2.18%), Calcium: 17.24mg (1.72%), Vitamin B2: 0.03mg (1.51%)