



Red and Green Holiday Mold

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

READY IN



325 min.

SERVINGS



25

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 oz jell-o gelatin red
- 3 oz jell-o lime flavor gelatin
- 1 cup whipped cream softened
- 1 cup water cold
- 2.5 cups water boiling divided
- 0.5 cup cool whip whipped topping thawed

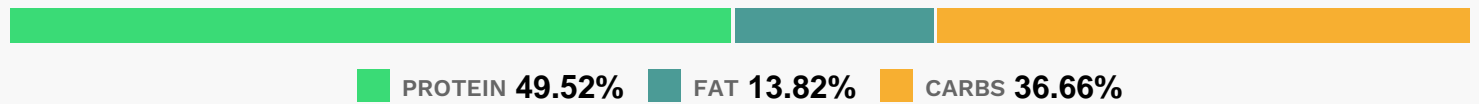
Equipment

- bowl

Directions

- Add 1-1/2 cups boiling water to red gelatin mix in large bowl; stir 2 min. until completely dissolved. Stir in cold water. Reserve 1-1/2 cups gelatin; let stand at room temperature.
- Pour remaining gelatin into 5-cup mold sprayed with cooking spray. Refrigerate 45 min. or until set but not firm.
- Stir remaining boiling water into lime gelatin mix in medium bowl 2 min. until completely dissolved.
- Add ice cream; stir until completely melted. Spoon over gelatin layer in mold. Refrigerate 20 min. or until gelatin is set but not firm.
- Spoon reserved red gelatin over creamy layer in mold. Refrigerate 4 hours or until firm. Unmold. Top with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:2.44, Glycemic Load:0.74, Inflammation Score:-1, Nutrition Score:0.95260868529263%

Nutrients (% of daily need)

Calories: 50.04kcal (2.5%), Fat: 0.78g (1.21%), Saturated Fat: 0.53g (3.33%), Carbohydrates: 4.68g (1.56%), Net Carbohydrates: 4.64g (1.69%), Sugar: 4.4g (4.89%), Cholesterol: 2.35mg (0.78%), Sodium: 36.15mg (1.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.32g (12.64%), Copper: 0.16mg (7.89%), Selenium: 3.05µg (4.35%), Vitamin B2: 0.03mg (1.83%), Phosphorus: 14.1mg (1.41%), Calcium: 12.66mg (1.27%)