



Red & Green Holiday Bowl

 Gluten Free

READY IN



390 min.

SERVINGS



30

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 11 oz mandarin orange segments drained canned
- 6 oz jell-o cherry flavor gelatin
- 8 oz philadelphia cream cheese softened
- 6 oz jell-o lime flavor gelatin
- 20 oz pineapple chunks drained canned
- 0.3 cup sugar
- 2 cups water cold divided
- 4 cups water boiling divided

- 8 oz cool whip whipped topping divided thawed

Equipment

- bowl
- whisk
- blender

Directions

- Stir 2 cups boiling water to each flavor gelatin mix in separate medium bowl; stir 2 min. until completely dissolved. Stir 1 cup cold water into gelatin in each bowl. Refrigerate lime gelatin 1-1/2 hours or until thickened.
- Let cherry gelatin stand at room temperature.
- Stir pineapple into thickened lime gelatin.
- Pour into 4- to 5-qt. glass bowl. Refrigerate 30 min. or until gelatin is set but not firm (gelatin should stick to finger when touched and should mound).
- Beat cream cheese and sugar with whisk or mixer until well blended. Stir in 2 cups COOL WHIP. Spoon over lime gelatin layer in bowl; refrigerate. Meanwhile, refrigerate cherry gelatin 1-1/2 hours or until thickened.
- Add oranges to cherry gelatin; spoon over cream cheese layer. Refrigerate 3 hours or until firm.
- Serve topped with remaining COOL WHIP.

Nutrition Facts

 PROTEIN **6.27%**  FAT **29.16%**  CARBS **64.57%**

Properties

Glycemic Index:3.24, Glycemic Load:1.28, Inflammation Score:-2, Nutrition Score:1.5904348019672%

Nutrients (% of daily need)

Calories: 108.3kcal (5.42%), Fat: 3.62g (5.57%), Saturated Fat: 2.38g (14.9%), Carbohydrates: 18.04g (6.01%), Net Carbohydrates: 17.67g (6.43%), Sugar: 17.04g (18.93%), Cholesterol: 7.79mg (2.6%), Sodium: 85.12mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Vitamin C: 5.3mg (6.42%), Vitamin A: 252.95IU

(5.06%), Phosphorus: 32.14mg (3.21%), Selenium: 1.72µg (2.46%), Copper: 0.05mg (2.38%), Vitamin B2: 0.04mg (2.14%), Vitamin B1: 0.03mg (2.13%), Calcium: 18.75mg (1.87%), Potassium: 56.01mg (1.6%), Fiber: 0.37g (1.48%), Magnesium: 5.89mg (1.47%), Vitamin B6: 0.02mg (1.23%)