



## Red, White & Blue JELL-O Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



315 min.

SERVINGS



15

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1.5 cups blueberries
- 1 pkg jell-o lemon flavor gelatin (4-serving size)
- 1 pkg jell-o berry flavor gelatin blue (4-serving size)
- 1.5 cups strawberries sliced
- 1 pkg jell-o strawberry flavor gelatin (4-serving size)
- 2 cups whipped cream softened
- 1 cup water cold
- 2.8 cups water boiling divided

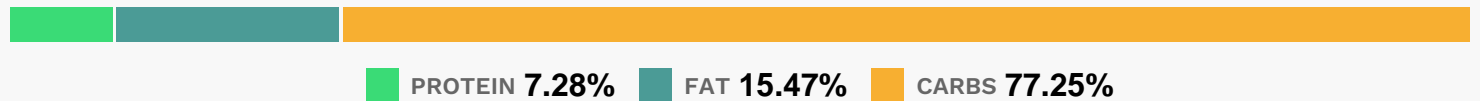
## Equipment

- bowl
- frying pan
- loaf pan

## Directions

- Stir 1 cup of the boiling water into each of the red and blue gelatins in separate medium bowls at least 2 minutes until completely dissolved. Stir 1/2 cup of the cold water into each bowl.
- Place bowl of red gelatin in larger bowl of ice and water. Stir about 8 minutes or until thickened. Stir in strawberries.
- Pour into 9x5-inch loaf pan sprayed with cooking spray. Refrigerate 7 minutes.
- Meanwhile, stir remaining 3/4 cup boiling water into lemon gelatin in medium bowl at least 2 minutes until completely dissolved. Stir in ice cream until melted and smooth. Spoon over red gelatin in pan. Refrigerate 7 minutes.
- Meanwhile, place bowl of blue gelatin in larger bowl of ice and water. Stir about 7 minutes or until thickened. Stir in blueberries. Spoon over lemon gelatin in pan.
- Refrigerate 4 hours or overnight until firm. Unmold.
- Cut into 16 slices. Store leftover gelatin mold in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:9.4, Glycemic Load:3.5, Inflammation Score:-2, Nutrition Score:2.3839130317387%

## Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Petunidin: 4.68mg, Petunidin: 4.68mg, Petunidin: 4.68mg, Petunidin: 4.68mg Delphinidin: 5.29mg, Delphinidin: 5.29mg, Delphinidin: 5.29mg, Delphinidin: 5.29mg Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 3.01mg, Peonidin: 3.01mg, Peonidin: 3.01mg, Peonidin: 3.01mg Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg, Catechin: 1.23mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg

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## Nutrients (% of daily need)

Calories: 114.25kcal (5.71%), Fat: 2.03g (3.12%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 22.79g (7.6%), Net Carbohydrates: 22.02g (8.01%), Sugar: 20.54g (22.82%), Cholesterol: 7.74mg (2.58%), Sodium: 96.55mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin C: 10.01mg (12.13%), Manganese: 0.11mg (5.43%), Phosphorus: 47.68mg (4.77%), Vitamin B2: 0.06mg (3.44%), Vitamin K: 3.23µg (3.07%), Fiber: 0.77g (3.07%), Calcium: 28mg (2.8%), Copper: 0.05mg (2.45%), Selenium: 1.53µg (2.18%), Potassium: 69.64mg (1.99%), Vitamin A: 83.82IU (1.68%), Magnesium: 6.16mg (1.54%), Folate: 5.73µg (1.43%), Vitamin B5: 0.14mg (1.41%), Vitamin E: 0.18mg (1.19%), Zinc: 0.17mg (1.15%), Vitamin B6: 0.02mg (1.15%), Vitamin B12: 0.07µg (1.14%), Vitamin B1: 0.02mg (1.11%)