

Seven Layer Gelatin Salad

 Gluten Free

READY IN



385 min.

SERVINGS



15

CALORIES



69 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 fluid ounce evaporated milk divided canned
- ☐ 4.5 cups water cold divided
- ☐ 8 ounce non-dairy whipped topping frozen thawed
- ☐ 3 ounce jell-o® mix assorted fruit flavored

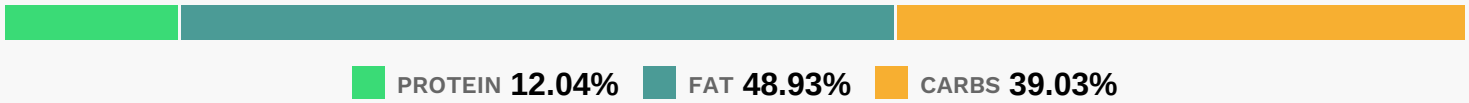
Equipment

- ☐ frying pan

Directions

- ☐ Coat a 9x13 inch dish with cooking spray.
- ☐ Dissolve one package of gelatin in 3/4 cup boiling water. Stir in 3/4 cup cold water. Spoon into pan and refrigerate until almost set, 45 minutes.
- ☐ Dissolve another package of gelatin in 1/2 cup boiling water. Stir in 1/2 cup cold water and 1/2 cup evaporated milk. Spoon over first layer and refrigerate until almost set, 45 minutes.
- ☐ Repeat steps 2 and 3 until all gelatin is used. Just before serving, top with whipped topping.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.6365217268467%

Nutrients (% of daily need)

Calories: 69.04kcal (3.45%), Fat: 3.77g (5.81%), Saturated Fat: 2.8g (17.47%), Carbohydrates: 6.77g (2.26%), Net Carbohydrates: 6.68g (2.43%), Sugar: 6.58g (7.31%), Cholesterol: 7.16mg (2.39%), Sodium: 39.79mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Calcium: 74.89mg (7.49%), Phosphorus: 59.89mg (5.99%), Vitamin B2: 0.09mg (5.28%), Potassium: 91.99mg (2.63%), Magnesium: 7.73mg (1.93%), Vitamin A: 84.85IU (1.7%), Vitamin B5: 0.15mg (1.53%), Zinc: 0.21mg (1.4%), Selenium: 0.91µg (1.3%), Vitamin B12: 0.07µg (1.13%), Copper: 0.02mg (1.05%)