



## Sliced Watermelon Jell-O® Shots

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



180 min.

SERVINGS



20

CALORIES



50 kcal

BEVERAGE

DRINK

## Ingredients

- 1 teaspoon sesame seed black or as needed
- 5 limes
- 3 ounce watermelon-flavored gelatin mix
- 1 cup vodka
- 1 cup water boiling

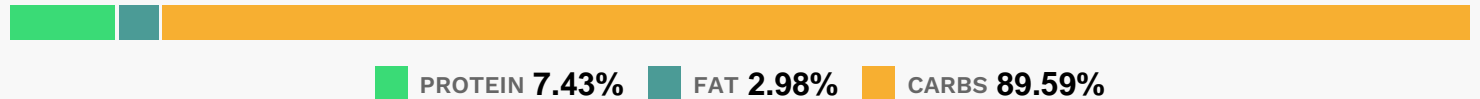
## Equipment

- bowl
- knife

## Directions

- Slice limes in half crosswise, juice the limes, reserving juice for another use, and turn the rinds inside out. Scrape membranes and flesh from lime halves and turn peels back to form small cups with the green rind on the outsides.
- Place halves in a small dish, edges touching, to keep cups standing and upright.
- Stir watermelon gelatin mix with boiling water in a bowl, mixing until gelatin is completely dissolved.
- Let cool to room temperature and stir vodka into gelatin.
- Pour gelatin mixture into lime peel cups. Refrigerate until set, 2 to 4 hours.
- Use a sharp knife to cut each lime cup wedges.
- Sprinkle wedges with black sesame seeds.

## Nutrition Facts



## Properties

Glycemic Index:4.1, Glycemic Load:0.42, Inflammation Score:-1, Nutrition Score:0.6913043367474%

## Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 49.52kcal (2.48%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 5.15g (1.87%), Sugar: 3.94g (4.38%), Cholesterol: 0mg (0%), Sodium: 20.87mg (0.91%), Alcohol: 4.01g (100%), Alcohol %: 11.31% (100%), Protein: 0.47g (0.93%), Vitamin C: 4.87mg (5.91%), Fiber: 0.48g (1.92%), Copper: 0.02mg (1.15%), Phosphorus: 10.24mg (1.02%)