



Sparkling Mandarin-Orange Dessert

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

READY IN



160 min.

SERVINGS



40

CALORIES



26 kcal

Ingredients

- 22 oz mandarin orange segents drained canned
- 0.3 tsp ground pepper red (cayenne)
- 6 oz jell-o orange flavor gelatin
- 2.5 cups seltzer water
- 1 cup water boiling
- 1 cup cool whip lite whipped topping thawed

Equipment

- bowl

Directions

- Add boiling water to gelatin mixes in large bowl; stir 3 min. until completely dissolved. Stir in sparkling water; pour into 8 champagne glasses or dessert dishes. Refrigerate 30 min. or until thickened.
- Top with oranges. Refrigerate 2 hours or until firm.
- Combine COOL WHIP and red pepper; spoon over desserts just before serving.

Nutrition Facts



Properties

Glycemic Index:0.8, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.82478261730917%

Nutrients (% of daily need)

Calories: 26.36kcal (1.32%), Fat: 0.25g (0.39%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 5.57g (2.03%), Sugar: 5.39g (5.99%), Cholesterol: 0.04mg (0.01%), Sodium: 25.35mg (1.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.51g (1.01%), Vitamin C: 5.29mg (6.42%), Vitamin A: 210.64IU (4.21%)