



Spring JELL-O JIGGLERS

 **Gluten Free**

READY IN



190 min.

SERVINGS



8

CALORIES



95 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 oz evaporated milk canned
- 6 oz jell-o gelatin
- 1 cup water boiling

Equipment

Directions

- Spray inside of Easter JELL-O JIGGLERS Mold with cooking spray.

- Place, fill side up, on tray.
- Add boiling water to gelatin mix; stir 3 min. until completely dissolved. Stir in milk; pour into prepared mold. Refrigerate 3 hours or until firm.
- Dip bottom of mold in warm water 15 sec.; invert onto plate. Shake mold gently to remove JIGGLERS.

Nutrition Facts

PROTEIN 80.04% **FAT 12.63%** **CARBS 7.33%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.927391315284%

Nutrients (% of daily need)

Calories: 95.15kcal (4.76%), Fat: 1.36g (2.09%), Saturated Fat: 0.83g (5.18%), Carbohydrates: 1.78g (0.59%), Net Carbohydrates: 1.78g (0.65%), Sugar: 1.78g (1.98%), Cholesterol: 5.14mg (1.71%), Sodium: 61.93mg (2.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.81%), Copper: 0.47mg (23.35%), Selenium: 8.81µg (12.58%), Vitamin B2: 0.1mg (6.17%), Calcium: 58.83mg (5.88%), Phosphorus: 44.26mg (4.43%), Magnesium: 9.23mg (2.31%), Folate: 7.8µg (1.95%), Potassium: 57.09mg (1.63%), Iron: 0.27mg (1.5%), Vitamin B5: 0.14mg (1.4%), Manganese: 0.02mg (1.17%), Zinc: 0.17mg (1.13%)