



Strawberry Firecracker Banana Wobblers



Gluten Free



Dairy Free



Low Fod Map

READY IN



155 min.

SERVINGS



3

CALORIES



264 kcal

SIDE DISH

Ingredients

- ☐ 3 banana halves
- ☐ 3 empty 6-ounce juice cans
- ☐ 12 inch string licorice candy red
- ☐ 3 ounce strawberry jell-o® mix
- ☐ 0.5 cup water cold

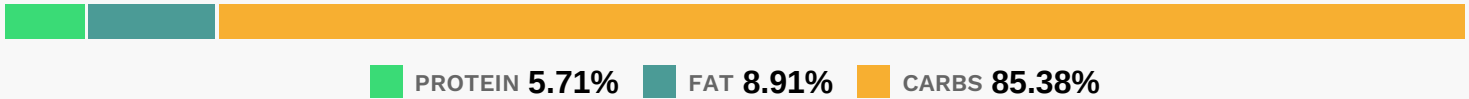
Equipment

- ☐ bowl

Directions

- ☐ Mix strawberry gelatin with boiling water in a bowl until gelatin has dissolved. Stir in cold water and refrigerate until gelatin is thick but not fully set up, about 15 minutes.
- ☐ Place about 2 tablespoons of thickened gelatin into the bottom of each juice can. Center a banana half, cut side down, into the center of each juice can and spoon remaining gelatin around the banana, filling the cans up to the top. Chill cans until the gelatin is firm, about 2 hours.
- ☐ To serve, dip each can up to the rim in hot water to loosen the gelatin; invert cans onto a serving plate and puncture the bottom of the can to allow air in. Lift the cans from the desserts and insert a red licorice string into the center of each dessert to resemble a fuse.

Nutrition Facts



Properties

Glycemic Index:31.84, Glycemic Load:13.1, Inflammation Score:-3, Nutrition Score:5.7886957137481%

Flavonoids

Catechin: 7.21mg, Catechin: 7.21mg, Catechin: 7.21mg, Catechin: 7.21mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 264.49kcal (13.22%), Fat: 2.76g (4.25%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 59.62g (19.87%), Net Carbohydrates: 56.28g (20.46%), Sugar: 45.24g (50.26%), Cholesterol: 1.52mg (0.51%), Sodium: 142.21mg (6.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.97%), Vitamin B6: 0.43mg (21.68%), Manganese: 0.32mg (16.12%), Fiber: 3.34g (13.38%), Vitamin C: 10.34mg (12.53%), Potassium: 425.43mg (12.16%), Magnesium: 32.87mg (8.22%), Phosphorus: 66mg (6.6%), Copper: 0.13mg (6.6%), Folate: 24.45µg (6.11%), Vitamin B2: 0.1mg (5.76%), Selenium: 3.08µg (4.4%), Vitamin B5: 0.4mg (3.99%), Vitamin B3: 0.79mg (3.94%), Iron: 0.47mg (2.61%), Vitamin B1: 0.04mg (2.51%), Calcium: 19.8mg (1.98%), Vitamin A: 98.29IU (1.97%), Zinc: 0.18mg (1.23%)