



## Uncle Sam's JELL-O Mold

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

READY IN



**375 min.**

SERVINGS



**15**

CALORIES



**92 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 6 oz jell-o gelatin red
- 6 oz jell-o berry flavor gelatin blue
- 2 cups water cold divided
- 3 cups water boiling divided
- 1 cup cool whip whipped topping thawed

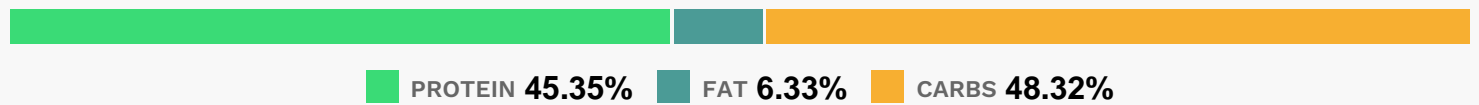
## Equipment

- bowl
- baking sheet

## Directions

- Place each flavor gelatin mix in separate medium bowl.
- Add 1-1/2 cups boiling water to gelatin in each bowl; stir 2 min. until completely dissolved. Stir 1 cup cold water into gelatin in each bowl.
- Spray Uncle Sam's Mold with cooking spray; place on baking sheet.
- Pour blue gelatin into side of mold with stars; pour red gelatin into remaining side with stripes.
- Refrigerate 6 hours until firm. Unmold. Decorate with COOL WHIP as desired.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.3904347776071%

## Nutrients (% of daily need)

Calories: 92.39kcal (4.62%), Fat: 0.67g (1.03%), Saturated Fat: 0.57g (3.58%), Carbohydrates: 11.44g (3.81%), Net Carbohydrates: 11.44g (4.16%), Sugar: 10.94g (12.15%), Cholesterol: 0.1mg (0.03%), Sodium: 82.61mg (3.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.74g (21.48%), Copper: 0.27mg (13.58%), Selenium: 5.36µg (7.66%), Phosphorus: 24.11mg (2.41%), Vitamin B2: 0.04mg (2.07%), Calcium: 12.49mg (1.25%)