



Uncle Sam's Red, White & Blue Parfaits



Gluten Free



Dairy Free

READY IN



250 min.

SERVINGS



10

CALORIES



84 kcal

Ingredients

- ☐ 1 pkg jell-o gelatin red (4-serving size)
- ☐ 1 pkg jell-o berry flavor gelatin blue (4-serving size)
- ☐ 2 cups water boiling divided
- ☐ 2 cups water cold divided
- ☐ 8 oz cool whip whipped topping thawed

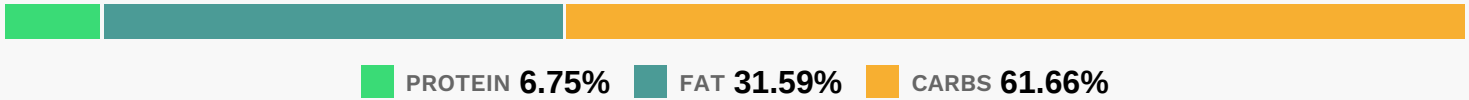
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Stir 1 cup boiling water into each flavor dry gelatin in separate large bowls 2 minutes until completely dissolved. Stir 1 cup cold water into gelatin in each bowl.
- ☐ Pour each gelatin flavor into separate 8-inch square pans.
- ☐ Refrigerate 4 hours or until firm.
- ☐ Cut gelatin in each pan into 1/2-inch cubes.
- ☐ Layer alternating flavors of gelatin cubes and the whipped topping in 10 dessert glasses. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.6365217393993%

Nutrients (% of daily need)

Calories: 83.52kcal (4.18%), Fat: 2.97g (4.57%), Saturated Fat: 2.56g (16.02%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 13.04g (4.74%), Sugar: 12.67g (14.07%), Cholesterol: 0.45mg (0.15%), Sodium: 60.87mg (2.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.86%), Phosphorus: 28.81mg (2.88%), Calcium: 19.25mg (1.93%), Selenium: 1.15µg (1.65%), Copper: 0.03mg (1.48%), Vitamin B2: 0.02mg (1.42%)