



Upside-Down Lemon Meringue Dessert

READY IN



200 min.

SERVINGS



20

CALORIES



88 kcal

DESSERT

Ingredients

- 2 Tbsp cornstarch
- 1 cup knudsen cream sour
- 1 Tbsp graham cracker crumbs
- 6 oz jell-o lemon flavor gelatin
- 2 tsp lemon zest
- 2 cups marshmallows jet-puffed miniature
- 0.3 cup milk
- 0.3 cup sugar
- 1 tsp vanilla

2.5 cups water

Equipment

bowl

frying pan

sauce pan

microwave

Directions

Mix sugar and cornstarch in medium saucepan. Gradually stir in water until blended. Bring to boil on medium heat; cook 8 min., stirring constantly.

Remove from heat.

Add dry gelatin mixes and zest; stir 2 min. until gelatin is completely dissolved. Refrigerate 1 hour or until slightly thickened, stirring occasionally.

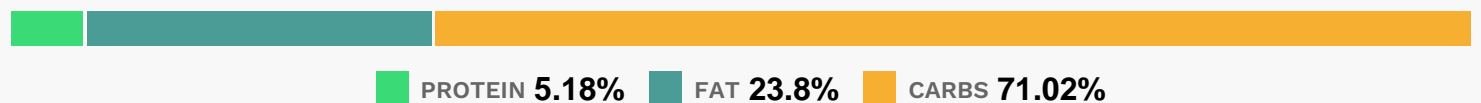
Meanwhile, microwave marshmallows and milk in medium microwaveable bowl on HIGH 1 min. or until marshmallows are puffed. Stir until marshmallows are completely melted and mixture is well blended. Stir in vanilla; cool 5 min. Blend in sour cream.

Pour into 9-inch square pan sprayed with cooking spray. Refrigerate until ready to use.

Spoon gelatin mixture gently over marshmallow layer in pan. Refrigerate 2 hours or until firm.

Sprinkle with graham crumbs. Unmold dessert onto serving plate just before serving.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:4.53, Inflammation Score:-1, Nutrition Score:0.70956521384094%

Nutrients (% of daily need)

Calories: 88.4kcal (4.42%), Fat: 2.4g (3.69%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 16.05g (5.83%), Sugar: 13.38g (14.87%), Cholesterol: 7.15mg (2.38%), Sodium: 53.26mg (2.32%), Alcohol: 0.07g (100%), Alcohol %: 0.15% (100%), Protein: 1.17g (2.35%), Phosphorus: 25.36mg (2.54%), Calcium: 17.39mg (1.74%), Vitamin B2: 0.03mg (1.71%), Selenium: 1.18µg (1.68%), Vitamin A: 76.69IU (1.53%), Copper: 0.02mg

(1.14%)