



Valentine's Creamy JELL-O® JIGGLERS

 **Gluten Free**

READY IN



230 min.

SERVINGS



50

CALORIES



33 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 oz jell-o gelatin red
- 3.4 oz jell-o vanilla flavor pudding instant
- 1 cup milk cold
- 2.5 cups water boiling

Equipment

- bowl
- frying pan
- whisk

cookie cutter

Directions

- Add boiling water to combined gelatin mixes in medium bowl; stir 2 min. until completely dissolved.
- Let stand at room temperature 30 min. to cool.
- Beat pudding mix and milk in medium bowl with whisk 2 min. (Pudding will be thick.)
- Add to gelatin; stir until blended.
- Pour into 13x9-inch pan.
- Refrigerate 3 hours or until firm. Dip bottom of pan in warm water 15 sec.
- Cut into 24 decorative shapes using 2-inch heart-shaped cookie cutters, being careful to cut all the way through gelatin mixture to bottom of pan. Lift JIGGLERS from pan.

Nutrition Facts

PROTEIN 71.27% **FAT 4.57%** **CARBS 24.16%**

Properties

Glycemic Index:0.76, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.81434781938467%

Nutrients (% of daily need)

Calories: 33.03kcal (1.65%), Fat: 0.17g (0.26%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 2.03g (0.68%), Net Carbohydrates: 2.02g (0.73%), Sugar: 1.76g (1.96%), Cholesterol: 0.59mg (0.2%), Sodium: 28.02mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.98%), Copper: 0.15mg (7.47%), Selenium: 2.8µg (4%), Vitamin B2: 0.02mg (1.33%), Calcium: 10.2mg (1.02%)