



Watermelon Fruit Bowl

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

READY IN



285 min.

SERVINGS



45

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 45 servings watermelon bowl (see Tip)
- 4 cups summer fruits assorted (watermelon balls, honeydew balls, banana slices, strawberry slices)
- 1.2 oz jell-o gelatin sugar free
- 4 cups water boiling
- 4 cups water cold

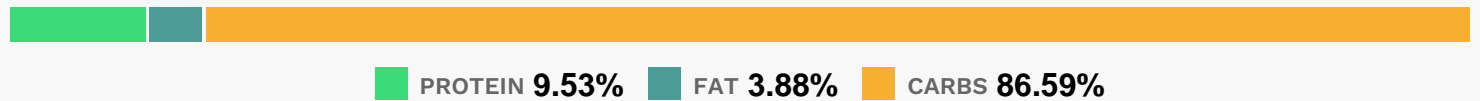
Equipment

- bowl

Directions

- Add boiling water to gelatin mixes in large bowl; stir 3 min. until completely dissolved. Stir in cold water.
- Refrigerate 1-1/2 hours or until thickened.
- Add fruit; stir.
- Pour into Watermelon Bowl. Refrigerate 3 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:3.32, Glycemic Load:15.67, Inflammation Score:-8, Nutrition Score:6.0747826319674%

Flavonoids

Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg, Kaempferol: 1.32mg

Nutrients (% of daily need)

Calories: 90.59kcal (4.53%), Fat: 0.44g (0.68%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 22.16g (7.39%), Net Carbohydrates: 20.99g (7.63%), Sugar: 18.2g (20.22%), Cholesterol: 0mg (0%), Sodium: 6.52mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.88%), Vitamin A: 1670.08IU (33.4%), Vitamin C: 23.77mg (28.82%), Potassium: 328.85mg (9.4%), Magnesium: 29.94mg (7.48%), Copper: 0.15mg (7.32%), Vitamin B6: 0.13mg (6.61%), Vitamin B5: 0.65mg (6.5%), Vitamin B1: 0.1mg (6.47%), Manganese: 0.11mg (5.62%), Fiber: 1.17g (4.7%), Iron: 0.71mg (3.96%), Vitamin B2: 0.06mg (3.73%), Phosphorus: 32.58mg (3.26%), Vitamin B3: 0.52mg (2.62%), Folate: 9.03µg (2.26%), Calcium: 22.22mg (2.22%), Selenium: 1.47µg (2.1%), Zinc: 0.3mg (1.99%)