



Watermelon Jello

 Gluten Free

READY IN



135 min.

SERVINGS



6

CALORIES



208 kcal

SIDE DISH

Ingredients

- ☐ 3 envelopes gelatin powder unflavored
- ☐ 4 cups watermelon juice from 8 lbs. watermelon, puréed and strained
- ☐ 0.3 cup mint leaves thinly sliced
- ☐ 0.8 cup sugar
- ☐ 6 servings whipped cream sweetened
- ☐ 1 balls watermelon use a melon baller

Equipment

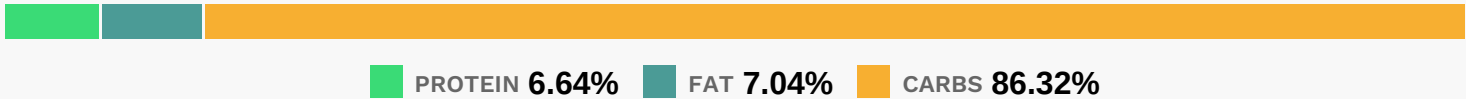
- ☐ bowl

- ☐ whisk
- ☐ microwave

Directions

- ☐ Sprinkle gelatin over 1 cup cold water in a small glass bowl and let stand 1 minute. Microwave on high until hot and gelatin is melted, about 1 minute.
- ☐ Add sugar, whisking until dissolved.
- ☐ Whisk mixture into watermelon juice. Divide mixture among 6 glass dishes (about 8 oz. each). Chill until set, about 2 hours.
- ☐ Top each serving with a few melon balls, a dollop of whipped cream, and a sprinkle of mint.

Nutrition Facts



Properties

Glycemic Index:40.08, Glycemic Load:26.71, Inflammation Score:-3, Nutrition Score:2.6217391128125%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 7.79mg, Epicatechin: 7.79mg, Epicatechin: 7.79mg, Epicatechin: 7.79mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 208.46kcal (10.42%), Fat: 1.69g (2.6%), Saturated Fat: 0.88g (5.48%), Carbohydrates: 46.55g (15.52%), Net Carbohydrates: 45.97g (16.71%), Sugar: 42.93g (47.7%), Cholesterol: 4.56mg (1.52%), Sodium: 15.04mg (0.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.16%), Manganese: 0.16mg (7.94%), Potassium: 216.28mg (6.18%), Copper: 0.11mg (5.74%), Vitamin A: 268.45IU (5.37%), Vitamin C: 4.16mg (5.05%), Magnesium: 13.76mg (3.44%), Vitamin B2: 0.06mg (3.25%), Vitamin B1: 0.05mg (3.19%), Calcium: 27.81mg (2.78%), Selenium: 1.88µg (2.69%), Fiber: 0.58g (2.33%), Vitamin B6: 0.05mg (2.32%), Iron: 0.41mg (2.28%), Phosphorus: 22.47mg (2.25%), Vitamin B5: 0.17mg (1.67%), Vitamin B3: 0.21mg (1.03%), Folate: 4.14µg (1.03%)