



Wiggly Watermelon Parfait



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



15 kcal

Ingredients

- 3 drops food coloring green
- 2 cups ice cubes
- 3 oz jell-o watermelon flavor gelatin
- 1 oz baker's semi-sweet chocolate chopped
- 1 cup water boiling
- 1 cup cool whip whipped topping thawed

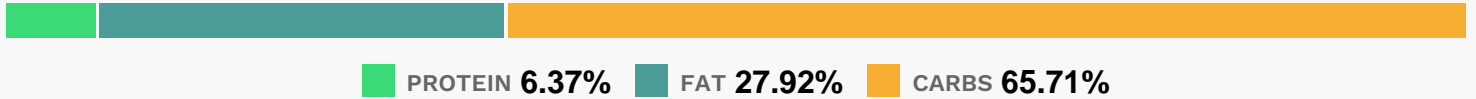
Equipment

- bowl

Directions

- Mix COOL WHIP and food coloring until blended; spoon evenly into 4 freezerproof dessert dishes to resemble the rind of watermelon pieces as shown in photo. Freeze until ready to use.
- Add boiling water to gelatin mix in medium bowl; stir 2 min. until completely dissolved.
- Add ice; stir 5 min. or until gelatin is slightly thickened.
- Remove any unmelted ice.
- Spoon gelatin into prepared dessert dishes. Insert chocolate pieces into gelatin to resemble watermelon seeds. Refrigerate 30 min. or until gelatin is firm.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.1652173920656%

Nutrients (% of daily need)

Calories: 14.58kcal (0.73%), Fat: 0.46g (0.71%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 2.43g (0.81%), Net Carbohydrates: 2.38g (0.87%), Sugar: 2.25g (2.5%), Cholesterol: 0.07mg (0.02%), Sodium: 10.86mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.24g (0.47%)