



Yogurt-Gelatin Ribbon Salad

 Gluten Free

READY IN



330 min.

SERVINGS



18

CALORIES



115 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 oz gelatin powder lemon-flavored white for cream ribbon or piña colada gelatin for ribbon
- ☐ 6 oz optional: lemon white yellow for ribbon or original coconut cream pie yogurt for ribbon yoplait®
- ☐ 6 oz lime green blue for ribbon or mountain blueberry yogurt for ribbon yoplait®
- ☐ 6 oz gelatin mix green blue for ribbon or berry blue-flavored gelatin for ribbon
- ☐ 6 oz raspberry gelatin
- ☐ 0.7 cup water cold
- ☐ 2 cups water boiling
- ☐ 6 oz yogurt red yoplait®

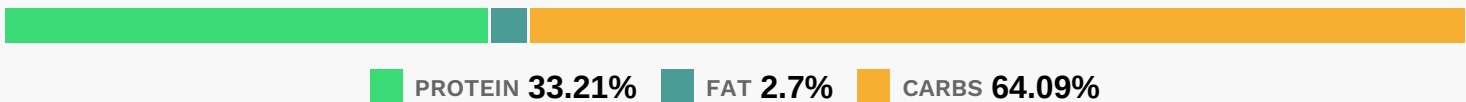
Equipment

- ☐ bowl
- ☐ glass baking pan

Directions

- ☐ In medium bowl, stir 2 cups boiling water into lime gelatin until gelatin is dissolved. In another medium bowl, slowly stir 1 cup of the lime gelatin into lime yogurt.
- ☐ Pour yogurt mixture into 13x9-inch (3-quart) glass baking dish. Refrigerate about 1 hour or until set. Stir 2/3 cup cold water into remaining plain lime gelatin; let stand at room temperature.
- ☐ When lime yogurt layer is set, carefully pour plain lime gelatin over yogurt layer. Refrigerate about 30 minutes or until set.
- ☐ In medium bowl, stir 2 cups boiling water into lemon gelatin until gelatin is dissolved. In another medium bowl, slowly stir 1 cup of the lemon gelatin into lemon yogurt.
- ☐ Pour yogurt mixture over layer of lime gelatin. Refrigerate about 30 minutes or until set. Stir 2/3 cup cold water into remaining plain lemon gelatin; let stand at room temperature.
- ☐ When lemon yogurt layer is set, carefully pour plain lemon gelatin over yogurt layer. Refrigerate about 30 minutes or until set.
- ☐ In medium bowl, stir 2 cups boiling water into raspberry gelatin until gelatin is dissolved. In another medium bowl, slowly stir 1 cup of the raspberry gelatin into raspberry yogurt.
- ☐ Pour yogurt mixture over layer of lemon gelatin. Refrigerate about 30 minutes or until set. Stir 2/3 cup cold water into remaining plain raspberry gelatin; let stand at room temperature.
- ☐ When raspberry yogurt layer is set, carefully pour plain raspberry gelatin over yogurt layer. Refrigerate at least 2 hours until set.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:0.47, Inflammation Score:-1, Nutrition Score:2.2334782774358%

Flavonoids

Eriodictyol: 2.02mg, Eriodictyol: 2.02mg, Eriodictyol: 2.02mg, Eriodictyol: 2.02mg Hesperetin: 6.7mg, Hesperetin: 6.7mg, Hesperetin: 6.7mg, Hesperetin: 6.7mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 115kcal (5.75%), Fat: 0.36g (0.56%), Saturated Fat: 0.21g (1.32%), Carbohydrates: 19.42g (6.47%), Net Carbohydrates: 18.89g (6.87%), Sugar: 17.1g (19%), Cholesterol: 1.23mg (0.41%), Sodium: 113.07mg (4.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.06g (20.12%), Copper: 0.24mg (12.13%), Vitamin C: 7.81mg (9.46%), Selenium: 5.28µg (7.55%), Phosphorus: 42.52mg (4.25%), Vitamin B2: 0.05mg (2.75%), Calcium: 23.83mg (2.38%), Fiber: 0.53g (2.12%), Folate: 5.86µg (1.46%), Iron: 0.25mg (1.38%), Magnesium: 5.26mg (1.32%), Potassium: 40.16mg (1.15%)