



Applesauce-Yogurt Delight

 Gluten Free

READY IN



205 min.

SERVINGS



4

CALORIES



127 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup apple sauce cold
- 0.3 tsp ground cinnamon
- 0.5 cup vanilla yogurt low-fat
- 1 pkg jell-o raspberry flavor gelatin sugar free (4-serving size)
- 1 cup water boiling

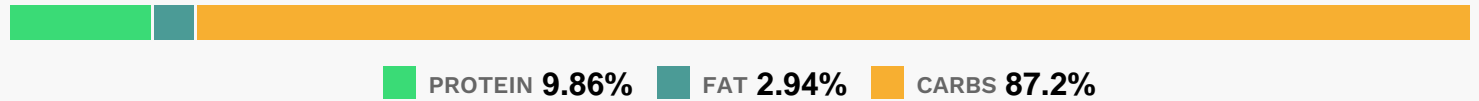
Equipment

- bowl

Directions

- Stir boiling water into dry gelatin mix in medium bowl at least 2 min. until completely dissolved.
- Remove 3/4 cup of the gelatin; pour into small bowl.
- Add applesauce and cinnamon; stir until well blended.
- Pour into serving bowl or four dessert glasses. Refrigerate 45 min. or until set but not firm.
- Meanwhile, refrigerate remaining gelatin 30 min. or until slightly thickened. Stir in yogurt. Spoon over gelatin layer in bowl.
- Refrigerate 2 hours or until set. Store remaining dessert in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.1230434956758%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 126.61kcal (6.33%), Fat: 0.43g (0.66%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 28.76g (9.59%), Net Carbohydrates: 28.17g (10.24%), Sugar: 26.81g (29.79%), Cholesterol: 1.53mg (0.51%), Sodium: 123.13mg (5.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Phosphorus: 73.7mg (7.37%), Calcium: 58.24mg (5.82%), Vitamin B2: 0.08mg (4.94%), Selenium: 3.07µg (4.38%), Potassium: 103.11mg (2.95%), Vitamin B12: 0.16µg (2.71%), Copper: 0.05mg (2.57%), Fiber: 0.59g (2.36%), Manganese: 0.04mg (2.17%), Vitamin B5: 0.19mg (1.91%), Zinc: 0.28mg (1.86%), Magnesium: 7.39mg (1.85%), Vitamin B1: 0.03mg (1.7%), Folate: 5.39µg (1.35%), Vitamin B6: 0.03mg (1.33%)