



## Berries in a Cloud

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



66 kcal

SIDE DISH

### Ingredients

- 1 cup blueberries
- 1 cup raspberries
- 1 cup strawberries sliced
- 2 cups cool whip whipped topping thawed

### Equipment

### Directions

Spoon 1/4 cup of the whipped topping into each of eight dessert dishes. Using back of spoon, spread whipped topping onto bottom and up side of each dish.

Fill evenly with berries just before serving. Store leftover desserts in refrigerator.

## Nutrition Facts

**PROTEIN 5.79%** **FAT 34.75%** **CARBS 59.46%**

### Properties

Glycemic Index:13.25, Glycemic Load:1.51, Inflammation Score:-2, Nutrition Score:3.0839130386062%

### Flavonoids

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### Nutrients (% of daily need)

Calories: 66.11kcal (3.31%), Fat: 2.67g (4.11%), Saturated Fat: 2.13g (13.31%), Carbohydrates: 10.27g (3.42%), Net Carbohydrates: 8.5g (3.09%), Sugar: 7.81g (8.68%), Cholesterol: 0.38mg (0.13%), Sodium: 14.02mg (0.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1g (2%), Vitamin C: 16.31mg (19.77%), Manganese: 0.23mg (11.61%), Fiber: 1.78g (7.12%), Vitamin K: 5.74µg (5.46%), Vitamin E: 0.38mg (2.55%), Phosphorus: 24.76mg (2.48%), Potassium: 83.37mg (2.38%), Folate: 9.14µg (2.29%), Calcium: 21.05mg (2.11%), Magnesium: 8.06mg (2.02%), Vitamin B2: 0.03mg (2.01%), Copper: 0.03mg (1.73%), Vitamin B6: 0.03mg (1.5%), Iron: 0.25mg (1.38%), Vitamin B1: 0.02mg (1.31%), Vitamin B3: 0.26mg (1.28%)