



Berry-Chocolate Fruit Decadence

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



153 kcal

SIDE DISH

Ingredients

- 1.3 cups vanilla yogurt fat free 99% yoplait® (from 2-lb container)
- 0.5 cup plus fat-free chocolate-flavored
- 2 tablespoons coconut or shredded
- 8 oz cool whip fat-free frozen thawed ()
- 2 cups strawberries sliced

Equipment

- bowl

Directions

- In large bowl, mix yogurt, chocolate syrup and coconut. Fold in whipped topping.
- In each of 8 dessert or parfait dishes, arrange layer of 1 cup of the strawberries. Top with half of the yogurt mixture. Repeat layers.
- Serve immediately.

Nutrition Facts

PROTEIN 7.71% **FAT 13.77%** **CARBS 78.52%**

Properties

Glycemic Index:8.63, Glycemic Load:3.94, Inflammation Score:-2, Nutrition Score:5.4130434912184%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 153.21kcal (7.66%), Fat: 2.5g (3.84%), Saturated Fat: 1.52g (9.49%), Carbohydrates: 32.05g (10.68%), Net Carbohydrates: 31.1g (11.31%), Sugar: 28.38g (31.53%), Cholesterol: 6.58mg (2.19%), Sodium: 61.19mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.29%), Vitamin C: 21.54mg (26.1%), Vitamin B2: 0.27mg (15.63%), Calcium: 109.15mg (10.91%), Vitamin B12: 0.64µg (10.6%), Phosphorus: 84.46mg (8.45%), Manganese: 0.16mg (7.97%), Vitamin B1: 0.08mg (5.41%), Potassium: 179.79mg (5.14%), Selenium: 3.27µg (4.67%), Folate: 18.28µg (4.57%), Zinc: 0.58mg (3.9%), Fiber: 0.95g (3.78%), Vitamin B6: 0.07mg (3.54%), Magnesium: 14.09mg (3.52%), Vitamin B5: 0.27mg (2.74%), Copper: 0.03mg (1.67%), Vitamin B3: 0.29mg (1.46%), Vitamin A: 71.49IU (1.43%), Iron: 0.22mg (1.19%)