



Berry-Graham Dominos

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



78 kcal

SIDE DISH

Ingredients

- 12 blueberries frozen
- 1 graham cracker (2 squares)
- 1 Tbsp cool whip whipped topping thawed (not)

Equipment

Directions

- Top graham squares evenly with the whipped topping.

Top with blueberries to resemble dominos.

Serve immediately.

Nutrition Facts

 **PROTEIN 6.2%**  **FAT 23.18%**  **CARBS 70.62%**

Properties

Glycemic Index:114, Glycemic Load:8.3, Inflammation Score:-1, Nutrition Score:1.6578260796226%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Petunidin: 4.92mg, Petunidin: 4.92mg, Petunidin: 4.92mg, Petunidin: 4.92mg Delphinidin: 5.53mg, Delphinidin: 5.53mg, Delphinidin: 5.53mg, Delphinidin: 5.53mg Malvidin: 10.54mg, Malvidin: 10.54mg, Malvidin: 10.54mg, Malvidin: 10.54mg Peonidin: 3.17mg, Peonidin: 3.17mg, Peonidin: 3.17mg, Peonidin: 3.17mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 78.33kcal (3.92%), Fat: 2.04g (3.14%), Saturated Fat: 0.73g (4.57%), Carbohydrates: 13.99g (4.66%), Net Carbohydrates: 13.14g (4.78%), Sugar: 5.84g (6.48%), Cholesterol: 0.09mg (0.03%), Sodium: 95.66mg (4.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Iron: 0.63mg (3.48%), Fiber: 0.85g (3.4%), Phosphorus: 33.48mg (3.35%), Vitamin K: 3.15µg (3%), Vitamin B3: 0.6mg (2.99%), Manganese: 0.05mg (2.62%), Vitamin B2: 0.04mg (2.59%), Vitamin B1: 0.04mg (2.57%), Magnesium: 9.51mg (2.38%), Zinc: 0.3mg (2.01%), Folate: 7.51µg (1.88%), Vitamin C: 1.51mg (1.83%), Calcium: 15.19mg (1.52%), Potassium: 41.34mg (1.18%), Vitamin B6: 0.02mg (1.15%)