



Berry Squares

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



202 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cup poached berries mixed fresh halved (blueberries, raspberries, strawberries)
- 6.8 oz jell-o vanilla flavor pudding french instant
- 2.5 cup milk cold
- 3 Tbsp orange juice
- 12 oz round cake prepared cut into 10 slices
- 2 Tbsp sugar
- 8 oz cool whip whipped topping divided thawed

Equipment

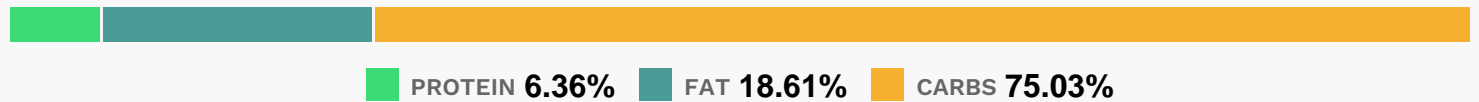
bowl

whisk

Directions

- Arrange cake slices on bottom of 13x9-inch dish, cutting if necessary to fit; drizzle with orange juice.
- Toss berries with sugar; spoon over cake slices.
- Beat pudding mixes and milk in large bowl with whisk 2 min. Stir in 1 cup COOL WHIP; spread over berries. Cover with remaining COOL WHIP.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:2.02, Inflammation Score:-2, Nutrition Score:4.343478285748%

Flavonoids

Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg Petunidin: 7.51mg, Petunidin: 7.51mg, Petunidin: 7.51mg, Petunidin: 7.51mg Delphinidin: 8.92mg, Delphinidin: 8.92mg, Delphinidin: 8.92mg, Delphinidin: 8.92mg Malvidin: 20.52mg, Malvidin: 20.52mg, Malvidin: 20.52mg, Malvidin: 20.52mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg, Myricetin: 0.73mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg

Nutrients (% of daily need)

Calories: 201.52kcal (10.08%), Fat: 4.22g (6.5%), Saturated Fat: 2.68g (16.76%), Carbohydrates: 38.31g (12.77%), Net Carbohydrates: 36.99g (13.45%), Sugar: 29.42g (32.69%), Cholesterol: 28.32mg (9.44%), Sodium: 249.71mg (10.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Phosphorus: 88.71mg (8.87%), Vitamin B2: 0.15mg (8.77%), Calcium: 80.97mg (8.1%), Vitamin K: 7.43µg (7.08%), Vitamin B1: 0.1mg (6.48%), Manganese: 0.11mg (5.58%), Fiber: 1.31g (5.25%), Vitamin B12: 0.3µg (5.07%), Selenium: 3.37µg (4.81%), Iron: 0.72mg (4.02%), Folate: 15.03µg (3.76%), Potassium: 130.45mg (3.73%), Vitamin B3: 0.72mg (3.62%), Vitamin C: 2.73mg (3.31%), Vitamin D: 0.49µg (3.28%), Vitamin B6: 0.07mg (3.27%), Vitamin B5: 0.32mg (3.18%), Vitamin A: 137.81IU (2.76%),

Magnesium: 10.87mg (2.72%), Vitamin E: 0.35mg (2.33%), Zinc: 0.33mg (2.21%), Copper: 0.03mg (1.7%)