



Chocolate and Berries Yogurt Dessert

🤍 Popular

READY IN



280 min.

SERVINGS



8

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 pouch chocolate chip cookie mix (1 lb 1.5 oz)
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons water
- ☐ 1 eggs
- ☐ 1.5 cups raspberries fresh
- ☐ 16 oz raspberries yoplait®
- ☐ 1 cup whipping cream
- ☐ 2 tablespoons topping hot

☐ 1 cup blueberries fresh

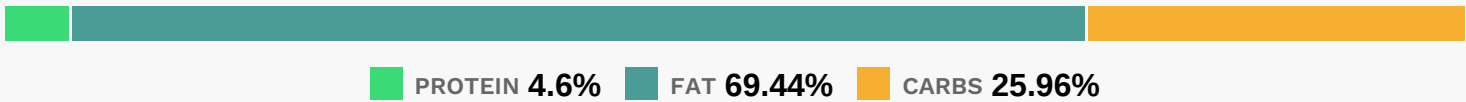
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ springform pan

Directions

- ☐ Heat oven to 350°F. In large bowl, stir cookie mix, oil, water and egg until soft dough forms.
- ☐ On greased cookie sheet, drop dough by tablespoonfuls to make 6 cookies.
- ☐ Bake 8 to 11 minutes or until set. Cool 2 minutes, remove from cookie sheet to cooling rack.
- ☐ Meanwhile, press remaining dough in bottom and 1 inch up sides of springform pan.
- ☐ Bake 8 to 10 minutes or until set. Cool completely, about 30 minutes.
- ☐ In medium bowl, fold 1/2 cup raspberries into yogurt; spread evenly over crust. Crumble cookies; sprinkle over yogurt mixture. Carefully spread whipped cream evenly over cookie crumbs. Freeze 4 to 5 hours or until firm.
- ☐ Remove sides of pan.
- ☐ Drizzle 1 tablespoon fudge topping over dessert. Top with blueberries and remaining raspberries.
- ☐ Drizzle with remaining fudge topping. Store in freezer.

Nutrition Facts



Properties

Glycemic Index:17.58, Glycemic Load:2.05, Inflammation Score:-5, Nutrition Score:8.5486956523812%

Flavonoids

Cyanidin: 37.81mg, Cyanidin: 37.81mg, Cyanidin: 37.81mg, Cyanidin: 37.81mg Petunidin: 6.08mg, Petunidin: 6.08mg, Petunidin: 6.08mg, Petunidin: 6.08mg Delphinidin: 7.6mg, Delphinidin: 7.6mg, Delphinidin: 7.6mg, Delphinidin: 7.6mg Malvidin: 12.61mg, Malvidin: 12.61mg, Malvidin: 12.61mg, Malvidin: 12.61mg Pelargonidin: 0.78mg, Pelargonidin: 0.78mg, Pelargonidin: 0.78mg, Pelargonidin: 0.78mg Peonidin: 3.85mg, Peonidin: 3.85mg, Peonidin: 3.85mg, Peonidin: 3.85mg Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 2.9mg, Epicatechin: 2.9mg, Epicatechin: 2.9mg, Epicatechin: 2.9mg Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg, Epigallocatechin 3–gallate: 0.43mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 238.22kcal (11.91%), Fat: 19.1g (29.39%), Saturated Fat: 8.27g (51.72%), Carbohydrates: 16.06g (5.35%), Net Carbohydrates: 10.34g (3.76%), Sugar: 7.93g (8.81%), Cholesterol: 54.13mg (18.05%), Sodium: 33.89mg (1.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Manganese: 0.61mg (30.61%), Vitamin C: 22.73mg (27.55%), Fiber: 5.73g (22.91%), Vitamin K: 23.36µg (22.25%), Vitamin E: 1.81mg (12.05%), Vitamin A: 503.25IU (10.06%), Vitamin B2: 0.12mg (7.25%), Magnesium: 23.64mg (5.91%), Phosphorus: 58mg (5.8%), Folate: 21.79µg (5.45%), Copper: 0.11mg (5.31%), Potassium: 183.41mg (5.24%), Calcium: 46.06mg (4.61%), Vitamin B5: 0.45mg (4.49%), Iron: 0.79mg (4.38%), Selenium: 2.87µg (4.1%), Vitamin D: 0.59µg (3.91%), Vitamin B6: 0.07mg (3.69%), Zinc: 0.55mg (3.63%), Vitamin B3: 0.59mg (2.94%), Vitamin B1: 0.04mg (2.82%), Vitamin B12: 0.1µg (1.66%)