



Chocolate-Berry Bliss

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



74 kcal

SIDE DISH

Ingredients

- 2 cups milk fat-free cold
- 1.4 oz jell-o chocolate flavor pudding fat free sugar free instant
- 1 cup strawberries fresh sliced
- 0.5 cup cool whip whipped topping sugar free thawed

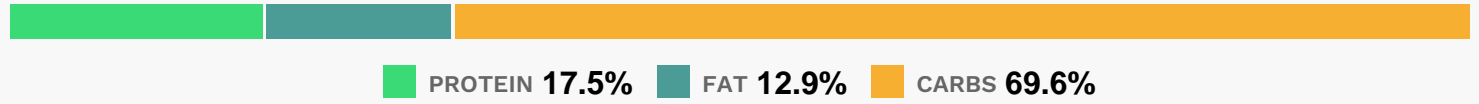
Equipment

- bowl
- whisk

Directions

- Beat pudding mix and milk in medium bowl with whisk 2 min. Stir in COOL WHIP.
- Spoon half into 6 dessert glasses; top with layers of berries and remaining pudding mixture.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:12.21, Glycemic Load:1.87, Inflammation Score:-3, Nutrition Score:4.5821739227875%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 74.45kcal (3.72%), Fat: 1.08g (1.66%), Saturated Fat: 0.8g (5.03%), Carbohydrates: 13.13g (4.38%), Net Carbohydrates: 12.41g (4.51%), Sugar: 11.26g (12.51%), Cholesterol: 2.58mg (0.86%), Sodium: 132.75mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.3g (6.6%), Vitamin C: 14.11mg (17.11%), Calcium: 116.87mg (11.69%), Phosphorus: 102.53mg (10.25%), Vitamin B12: 0.49µg (8.1%), Vitamin B2: 0.12mg (7.15%), Vitamin D: 0.9µg (5.99%), Manganese: 0.12mg (5.97%), Potassium: 195.03mg (5.57%), Magnesium: 16.33mg (4.08%), Vitamin B1: 0.05mg (3.56%), Vitamin A: 174.1IU (3.48%), Vitamin B5: 0.32mg (3.23%), Vitamin B6: 0.06mg (3.03%), Zinc: 0.45mg (2.99%), Selenium: 2.04µg (2.92%), Fiber: 0.72g (2.87%), Folate: 7.78µg (1.94%), Copper: 0.04mg (1.86%), Iron: 0.19mg (1.06%), Vitamin B3: 0.21mg (1.05%)