



## Chocolate-Berry Dessert Cups

 Gluten Free

READY IN



135 min.

SERVINGS



15

CALORIES



110 kcal

### Ingredients

- 2 pkg jell-o chocolate flavor pudding instant (4-serving size each)
- 2.5 cups milk cold
- 10 oz marble pound cake prepared cut into 1-inch cubes
- 2 cups raspberries
- 2 cups cool whip whipped topping thawed

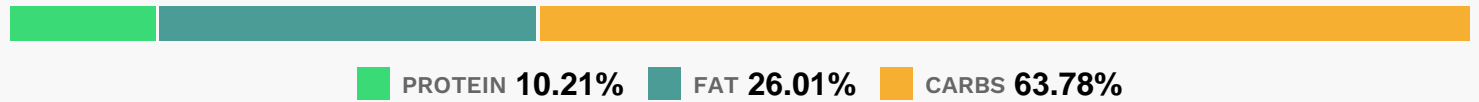
### Equipment

- bowl
- whisk

## Directions

- Pour milk into large bowl.
- Add dry pudding mixes. Beat with wire whisk 2 min. or until well blended. (
- Mixture will be thick.) Gently stir in whipped topping.
- Spoon 1/3 of the pudding mixture evenly into 8 dessert dishes; top with cake cubes and remaining pudding mixture.
- Refrigerate several hours or until set. Top with raspberries just before serving.
- Garnish with fresh mint leaves, if desired. Store leftover desserts in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:4.27, Glycemic Load:0.95, Inflammation Score:-2, Nutrition Score:3.7530434546263%

## Flavonoids

Cyanidin: 7.32mg, Cyanidin: 7.32mg, Cyanidin: 7.32mg, Cyanidin: 7.32mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 110.43kcal (5.52%), Fat: 3.23g (4.97%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 17.81g (5.94%), Net Carbohydrates: 16.67g (6.06%), Sugar: 12.05g (13.39%), Cholesterol: 24.36mg (8.12%), Sodium: 142.46mg (6.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Phosphorus: 79.1mg (7.91%), Manganese: 0.15mg (7.45%), Calcium: 74.37mg (7.44%), Vitamin B2: 0.12mg (7.18%), Vitamin C: 4.19mg (5.08%), Vitamin B1: 0.08mg (5.06%), Vitamin B12: 0.28µg (4.75%), Fiber: 1.14g (4.56%), Selenium: 2.77µg (3.95%), Iron: 0.64mg (3.53%), Potassium: 114.29mg (3.27%), Vitamin D: 0.49µg (3.23%), Folate: 12.55µg (3.14%), Vitamin B5: 0.29mg (2.95%), Magnesium: 11.24mg (2.81%), Vitamin B3: 0.51mg (2.57%), Zinc: 0.34mg (2.27%), Vitamin B6: 0.05mg (2.27%),

Vitamin A: 107.67IU (2.15%), Vitamin E: 0.25mg (1.7%), Vitamin K: 1.73 $\mu$ g (1.65%), Copper: 0.03mg (1.4%)