



## Chocolate-Raspberry "Flan"

 Gluten Free  Dairy Free

READY IN



255 min.

SERVINGS



15

CALORIES



22 kcal

### Ingredients

- 0.5 oz baker's bittersweet chocolate
- 0.5 cup marshmallows jet-puffed miniature
- 0.3 cup raspberries fresh
- 0.3 oz jell-o raspberry flavor gelatin sugar free
- 1.5 cups water boiling
- 0.8 cup cool whip whipped topping sugar free thawed

### Equipment

- bowl
- whisk

microwave

## Directions

- Add boiling water to gelatin mix; stir 2 min. until completely dissolved. Microwave chocolate, marshmallows and COOL WHIP in medium microwaveable bowl on HIGH 1 min. or until marshmallows are completely melted and mixture is well blended when stirred. Gradually whisk in gelatin until blended.
- Pour into 4 dessert dishes. Refrigerate 4 hours or until firm.
- Top with berries just before serving.

## Nutrition Facts



## Properties

Glycemic Index:5.77, Glycemic Load:0.85, Inflammation Score:-1, Nutrition Score:0.37782608458529%

## Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 22.37kcal (1.12%), Fat: 0.87g (1.34%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 3.28g (1.19%), Sugar: 2.77g (3.08%), Cholesterol: 0.13mg (0.04%), Sodium: 7.97mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Manganese: 0.03mg (1.31%)