

## Cookies 'n' Cream Berry Desserts

READY IN



10 min.

SERVINGS



6

CALORIES



251 kcal

DESSERT

### Ingredients

- 1.3 cups blackberries fresh
- 0.7 cup blueberries fresh
- 12 grands flaky refrigerator biscuits miniature quartered
- 1.5 cups cool whip fat-free
- 1 Dash ground cinnamon
- 2 teaspoons juice of lemon
- 4 ounces cream cheese reduced-fat
- 1.3 cups raspberries fresh
- 2 cups strawberries fresh quartered

4 tablespoons sugar divided

## Equipment

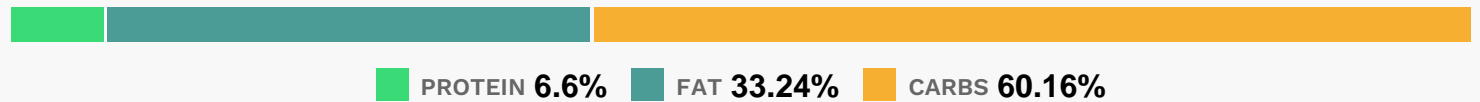
bowl

## Directions

In a large bowl, combine the berries, 2 tablespoons sugar and lemon juice; let stand at room temperature for 30 minutes.

In a small bowl, beat cream cheese until smooth. Beat in the whipped topping, cinnamon and remaining sugar until combined. Just before serving, divide the berry mixture among six dessert dishes. Dollop with topping and sprinkle with cookies.

## Nutrition Facts



## Properties

Glycemic Index:45.02, Glycemic Load:16.15, Inflammation Score:-6, Nutrition Score:10.79478246751%

## Flavonoids

Cyanidin: 43.63mg, Cyanidin: 43.63mg, Cyanidin: 43.63mg, Cyanidin: 43.63mg Petunidin: 5.32mg, Petunidin: 5.32mg, Petunidin: 5.32mg Delphinidin: 6.31mg, Delphinidin: 6.31mg, Delphinidin: 6.31mg, Delphinidin: 6.31mg Malvidin: 11.15mg, Malvidin: 11.15mg, Malvidin: 11.15mg, Malvidin: 11.15mg Pelargonidin: 12.31mg, Pelargonidin: 12.31mg, Pelargonidin: 12.31mg Peonidin: 3.45mg, Peonidin: 3.45mg, Peonidin: 3.45mg, Peonidin: 3.45mg Catechin: 13.81mg, Catechin: 13.81mg, Catechin: 13.81mg, Catechin: 13.81mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 2.58mg, Epicatechin: 2.58mg, Epicatechin: 2.58mg, Epicatechin: 2.58mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## Nutrients (% of daily need)

Calories: 250.94kcal (12.55%), Fat: 9.61g (14.78%), Saturated Fat: 3.9g (24.37%), Carbohydrates: 39.13g (13.04%), Net Carbohydrates: 34.13g (12.41%), Sugar: 23g (25.56%), Cholesterol: 13.21mg (4.4%), Sodium: 153.26mg (6.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.29g (8.59%), Vitamin C: 43.32mg (52.51%), Manganese: 0.72mg (35.96%), Fiber: 5g (19.99%), Vitamin B2: 0.25mg (14.72%), Vitamin K: 14.64µg (13.94%), Folate: 48.58µg (12.14%), Vitamin B1: 0.14mg (9.2%), Vitamin E: 1.36mg (9.09%), Phosphorus: 82.26mg (8.23%), Calcium: 76.29mg (7.63%), Vitamin B12: 0.45µg (7.52%), Potassium: 259.58mg (7.42%), Iron: 1.25mg (6.97%), Vitamin B3: 1.35mg (6.74%), Copper: 0.13mg (6.67%), Magnesium: 24.74mg (6.18%), Vitamin B6: 0.1mg (5.03%), Vitamin A: 242.02IU (4.84%), Vitamin B5: 0.47mg (4.68%), Selenium: 2.99µg (4.27%), Zinc: 0.63mg (4.17%)