



## Creamy Berry Cake Mosaic

 **Gluten Free**  **Dairy Free**

READY IN



**270 min.**

SERVINGS



**30**

CALORIES



**68 kcal**

### Ingredients

- 2 pkg jell-o lemon flavor gelatin sugar free (4-serving size each)
- 4 cups poached berries mixed sliced (raspberries, blueberries, strawberries)
- 10 oz reduced fat pound cake prepared
- 1.5 cups water boiling
- 3 cups water cold
- 1.5 cups cool whip lite whipped topping thawed

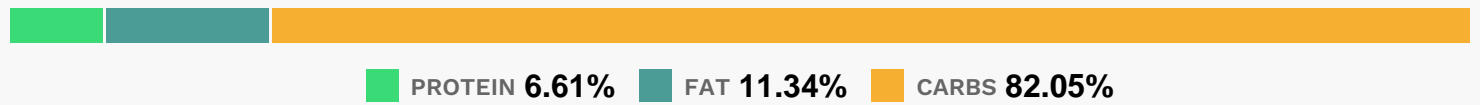
### Equipment

- bowl
- plastic wrap

## Directions

- Line 2-1/2-qt. bowl with plastic wrap; spray with cooking spray.
- Cut cake into 12 slices. Trim crusts; discard. Line bowl with cake slices, cutting to fit, if necessary.
- Stir boiling water into dry gelatin mix in bowl 2 min. until completely dissolved. Stir in cold water.
- Remove 1-1/2 cups of the gelatin; place in large bowl. Refrigerate until slightly thickened. Meanwhile, pour remaining gelatin over cake in bowl.
- Stir whipped topping into thickened gelatin. Reserve 3 raspberries for garnish. Gently stir in remaining mixed berries. Spoon over cake in bowl. Refrigerate 4 hours or overnight until firm.
- Invert bowl onto moistened plate; shake to loosen gelatin. Gently remove bowl.
- Remove plastic wrap.
- Garnish with reserved 3 raspberries and fresh mint, if desired.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.3304347719835%

## Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Petunidin: 3.75mg, Petunidin: 3.75mg, Petunidin: 3.75mg, Petunidin: 3.75mg Delphinidin: 4.46mg, Delphinidin: 4.46mg, Delphinidin: 4.46mg, Delphinidin: 4.46mg Malvidin: 10.26mg, Malvidin: 10.26mg, Malvidin: 10.26mg, Malvidin: 10.26mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## Nutrients (% of daily need)

Calories: 67.93kcal (3.4%), Fat: 0.88g (1.35%), Saturated Fat: 0.51g (3.19%), Carbohydrates: 14.3g (4.77%), Net Carbohydrates: 13.69g (4.98%), Sugar: 10.98g (12.19%), Cholesterol: 9.71mg (3.24%), Sodium: 89.96mg (3.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.15g (2.3%), Vitamin K: 3.53µg (3.36%), Phosphorus: 25.98mg (2.6%), Manganese: 0.05mg (2.54%), Fiber: 0.61g (2.42%), Vitamin B2: 0.04mg (2.28%), Vitamin B1: 0.03mg

(2.03%), Selenium: 1.35 $\mu$ g (1.93%), Iron: 0.31mg (1.7%), Folate: 6.17 $\mu$ g (1.54%), Vitamin B3: 0.29mg (1.47%), Copper: 0.03mg (1.27%), Calcium: 12.17mg (1.22%)