



Creamy Fruit and Cake Layers

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



161 kcal

Ingredients

- 1 cup blueberries
- 4 cups milk fat-free cold
- 2 pkg jell-o vanilla flavor pudding fat free sugar free instant (4-serving size each)
- 13.6 oz round cake fat-free cubed prepared
- 1 pt strawberries sliced

Equipment

- bowl
- whisk

Directions

- Pour milk into medium bowl.
- Add pudding mixes. Beat with wire whisk 2 minutes or until well blended.
- Let stand 5 minutes.
- Layer 1/2 of the cake cubes, fruit and pudding in 3-quart serving bowl. Repeat layers once.
- Refrigerate 1 hour or until ready to serve. Store leftover dessert in refrigerator.

Nutrition Facts

 **PROTEIN 9.7%**  **FAT 5.11%**  **CARBS 85.19%**

Properties

Glycemic Index:7.55, Glycemic Load:2.26, Inflammation Score:-3, Nutrition Score:6.0839130515638%

Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Petunidin: 3.15mg, Petunidin: 3.15mg, Petunidin: 3.15mg, Petunidin: 3.15mg Delphinidin: 3.59mg, Delphinidin: 3.59mg, Delphinidin: 3.59mg, Delphinidin: 3.59mg Malvidin: 6.67mg, Malvidin: 6.67mg, Malvidin: 6.67mg, Malvidin: 6.67mg Pelargonidin: 7.84mg, Pelargonidin: 7.84mg, Pelargonidin: 7.84mg, Pelargonidin: 7.84mg Peonidin: 2.02mg, Peonidin: 2.02mg, Peonidin: 2.02mg, Peonidin: 2.02mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 160.98kcal (8.05%), Fat: 0.92g (1.42%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 34.7g (11.57%), Net Carbohydrates: 33.62g (12.23%), Sugar: 25.41g (28.24%), Cholesterol: 28.18mg (9.39%), Sodium: 268.61mg (11.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.9%), Vitamin C: 19.51mg (23.64%), Phosphorus: 114.13mg (11.41%), Calcium: 110.51mg (11.05%), Manganese: 0.21mg (10.59%), Vitamin B2: 0.17mg (9.85%), Vitamin B1: 0.11mg (7.35%), Vitamin B12: 0.44µg (7.34%), Selenium: 3.9µg (5.57%), Potassium: 192.97mg (5.51%), Folate: 21.55µg (5.39%), Vitamin D: 0.77µg (5.13%), Iron: 0.87mg (4.81%), Fiber: 1.07g (4.29%), Vitamin B5: 0.41mg (4.08%),

Magnesium: 15.36mg (3.84%), Vitamin B3: 0.74mg (3.68%), Vitamin A: 181.98IU (3.64%), Vitamin B6: 0.07mg (3.56%), Zinc: 0.49mg (3.25%), Vitamin K: 2.65µg (2.52%), Copper: 0.04mg (2.03%), Vitamin E: 0.21mg (1.4%)