



Easy Berry Cream Topping

 Gluten Free

READY IN



5 min.

SERVINGS



12

CALORIES



54 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup blueberries fresh thawed drained (and)
- ☐ 1 tablespoons milk
- ☐ 2 cups strawberries frozen thawed drained sliced
- ☐ 8 ounces non-dairy whipped topping frozen thawed (3 cups)

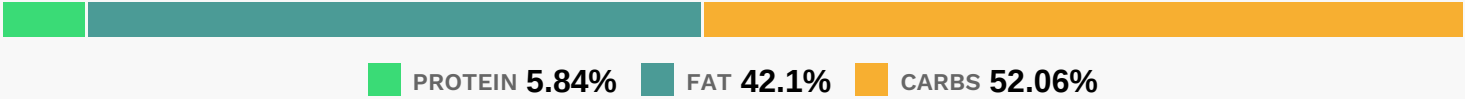
Equipment

- ☐ bowl

Directions

☐ Stir together all ingredients in large bowl.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:2.0408695625222%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Petunidin: 1.97mg, Petunidin: 1.97mg, Petunidin: 1.97mg, Petunidin: 1.97mg Delphinidin: 2.26mg, Delphinidin: 2.26mg, Delphinidin: 2.26mg, Delphinidin: 2.26mg Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 1.26mg, Peonidin: 1.26mg, Peonidin: 1.26mg, Peonidin: 1.26mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 54.28kcal (2.71%), Fat: 2.61g (4.01%), Saturated Fat: 2.16g (13.53%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 6.63g (2.41%), Sugar: 6.31g (7.01%), Cholesterol: 0.53mg (0.18%), Sodium: 14.38mg (0.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.63%), Vitamin C: 14.71mg (17.83%), Manganese: 0.11mg (5.67%), Fiber: 0.63g (2.51%), Vitamin K: 2.33µg (2.22%), Phosphorus: 21.75mg (2.17%), Calcium: 19.17mg (1.92%), Potassium: 62.43mg (1.78%), Folate: 6.7µg (1.67%), Vitamin B2: 0.03mg (1.56%), Vitamin E: 0.2mg (1.33%), Magnesium: 4.96mg (1.24%)