



Festive Triple-Berry Pudding Dessert

READY IN



140 min.

SERVINGS



10

CALORIES



191 kcal

Ingredients

- 3 cups poached berries mixed fresh sliced (blueberries, raspberries and strawberries)
- 6.8 oz jell-o vanilla flavor pudding instant
- 3 oz ladyfingers split soft
- 2 cups milk cold
- 2 cups cool whip whipped topping thawed

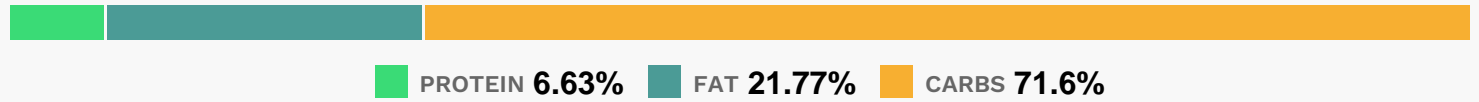
Equipment

- bowl
- whisk

Directions

- Line bottom and side of 2-qt. serving bowl with ladyfingers.
- Beat pudding mixes and milk in large bowl with whisk 2 min. (Pudding will be thick.) Stir in COOL WHIP. Spoon into prepared bowl. Use back of spoon to make depression in center of pudding mixture; fill with berries.
- Refrigerate 2 hours.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.87, Inflammation Score:-2, Nutrition Score:3.8952174445857%

Flavonoids

Cyanidin: 2.03mg, Cyanidin: 2.03mg, Cyanidin: 2.03mg, Cyanidin: 2.03mg Petunidin: 8.44mg, Petunidin: 8.44mg, Petunidin: 8.44mg, Petunidin: 8.44mg Delphinidin: 10.04mg, Delphinidin: 10.04mg, Delphinidin: 10.04mg, Delphinidin: 10.04mg Malvidin: 23.09mg, Malvidin: 23.09mg, Malvidin: 23.09mg, Malvidin: 23.09mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg, Myricetin: 0.82mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 190.7kcal (9.54%), Fat: 4.68g (7.19%), Saturated Fat: 2.94g (18.38%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 33.14g (12.05%), Sugar: 25.1g (27.9%), Cholesterol: 24.95mg (8.32%), Sodium: 164.72mg (7.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.41%), Phosphorus: 80.6mg (8.06%), Vitamin B2: 0.14mg (8.06%), Calcium: 79.36mg (7.94%), Vitamin K: 8.25µg (7.86%), Vitamin B12: 0.36µg (5.96%), Fiber: 1.46g (5.82%), Vitamin B1: 0.07mg (4.62%), Manganese: 0.09mg (4.61%), Potassium: 126.93mg (3.63%), Vitamin D: 0.54µg (3.58%), Vitamin B6: 0.07mg (3.53%), Vitamin B5: 0.34mg (3.35%), Vitamin A: 158.83IU (3.18%), Folate: 10.25µg (2.56%), Magnesium: 10.25mg (2.56%), Vitamin B3: 0.49mg (2.44%), Iron: 0.42mg (2.33%), Zinc: 0.35mg (2.32%), Vitamin E: 0.32mg (2.15%), Selenium: 1.51µg (2.15%), Copper: 0.03mg (1.47%), Vitamin C: 1.16mg (1.41%)