



Raspberry Whip

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



45 kcal

SIDE DISH

Ingredients

- 1 cup raspberries fresh unsweetened divided drained
- 0.3 ounce raspberry gelatin sugar-free
- 8 ounces vanilla yogurt
- 0.7 cup water cold

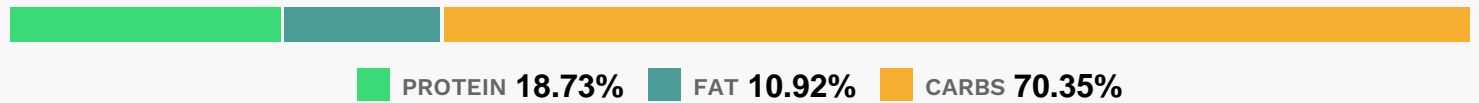
Equipment

- bowl

Directions

- In a bowl, dissolve gelatin in boiling water. Stir in cold water. Cover and refrigerate until partially set, about 30–45 minutes.
- Add yogurt. Beat on medium speed until light and foamy, about 2–3 minutes. Refrigerate for 15 minutes.
- Divide 2/3 cup raspberries among six dessert dishes. Top each with about 1/2 cup gelatin mixture and remaining raspberries. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:4.33, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:2.9047826256441%

Flavonoids

Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 45.34kcal (2.27%), Fat: 0.6g (0.93%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 8.73g (2.91%), Net Carbohydrates: 7.43g (2.7%), Sugar: 6.1g (6.78%), Cholesterol: 1.89mg (0.63%), Sodium: 38.68mg (1.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.65%), Phosphorus: 75.16mg (7.52%), Calcium: 70.54mg (7.05%), Manganese: 0.14mg (6.78%), Vitamin C: 5.54mg (6.72%), Fiber: 1.3g (5.21%), Vitamin B2: 0.08mg (4.92%), Vitamin B12: 0.2µg (3.34%), Potassium: 113.18mg (3.23%), Vitamin B5: 0.27mg (2.74%), Selenium: 1.89µg (2.7%), Magnesium: 10.74mg (2.68%), Zinc: 0.4mg (2.67%), Folate: 8.36µg (2.09%), Vitamin K: 1.6µg (1.52%), Vitamin B1: 0.02mg (1.49%), Vitamin B6: 0.03mg (1.4%), Copper: 0.03mg (1.36%), Vitamin E: 0.18mg (1.21%)