



Fresh Berry Dessert Bites

READY IN



160 min.

SERVINGS



40

CALORIES



110 kcal

DESSERT

Ingredients

- ☐ 2.3 cups flour all-purpose
- ☐ 0.7 cup sugar
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 0.3 teaspoon salt
- ☐ 1 cup butter cut into tablespoon-size pieces
- ☐ 8 oz cream cheese softened
- ☐ 2 tablespoons brown sugar packed
- ☐ 6 oz yogurt yoplait®
- ☐ 1 teaspoon lemon zest grated

- ☐ 6.5 oz raspberries fresh
- ☐ 8 oz blackberries fresh
- ☐ 3 oz blueberries fresh

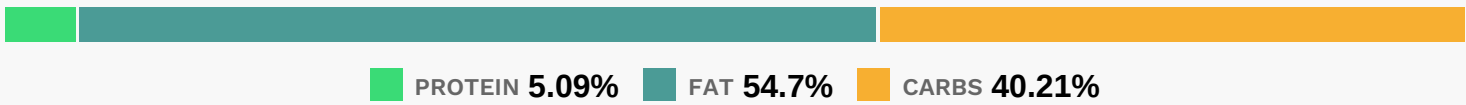
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. Grease or spray 15x10x1-inch pan. In large bowl, mix all crust ingredients except butter. Using pastry blender, cut in butter until mixture looks like fine crumbs; press evenly in pan.
- ☐ Bake 18 to 20 minutes or until edges are light golden. Cool completely, about 40 minutes.
- ☐ In large bowl, beat cream cheese and brown sugar with electric mixer on low speed until blended.
- ☐ Add yogurt and 1 teaspoon lemon peel; beat until blended.
- ☐ Spread mixture over crust. Refrigerate at least 1 hour but no longer than 24 hours.
- ☐ Cut into 10 rows by 4 rows. Arrange 1 of each kind of berry on each bar. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.05, Glycemic Load:6.56, Inflammation Score:-3, Nutrition Score:2.4017391372472%

Flavonoids

Cyanidin: 7.96mg, Cyanidin: 7.96mg, Cyanidin: 7.96mg, Cyanidin: 7.96mg Petunidin: 0.68mg, Petunidin: 0.68mg, Petunidin: 0.68mg, Petunidin: 0.68mg Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin:

0.81mg Malvidin: 1.44mg, Malvidin: 1.44mg, Malvidin: 1.44mg, Malvidin: 1.44mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg, Peonidin: 0.45mg Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 110.03kcal (5.5%), Fat: 6.8g (10.46%), Saturated Fat: 2.2g (13.72%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 10.4g (3.78%), Sugar: 5.03g (5.59%), Cholesterol: 6.28mg (2.09%), Sodium: 88.28mg (3.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.85%), Manganese: 0.12mg (6.2%), Vitamin A: 298.19IU (5.96%), Selenium: 3.03µg (4.32%), Vitamin B1: 0.06mg (4.12%), Folate: 16.26µg (4.07%), Vitamin B2: 0.06mg (3.57%), Fiber: 0.85g (3.4%), Vitamin C: 2.73mg (3.31%), Vitamin B3: 0.5mg (2.49%), Vitamin E: 0.35mg (2.33%), Iron: 0.41mg (2.3%), Phosphorus: 21.88mg (2.19%), Vitamin K: 2.04µg (1.94%), Calcium: 16.97mg (1.7%), Copper: 0.03mg (1.34%), Magnesium: 5.08mg (1.27%), Potassium: 42.75mg (1.22%), Vitamin B5: 0.12mg (1.19%), Zinc: 0.16mg (1.04%)