



Fresh Berry Dessert Bites

READY IN



160 min.

SERVINGS



40

CALORIES



109 kcal

DESSERT

Ingredients

- 8 oz blackberries fresh
- 3 oz blueberries fresh
- 2 tablespoons brown sugar packed
- 1 cup butter cut into tablespoon-size pieces
- 8 oz cream cheese softened
- 2.3 cups flour all-purpose
- 6 oz optional: lemon yoplait®
- 0.5 teaspoon lemon zest grated
- 1 teaspoon lemon zest grated

- 6.5 oz raspberries fresh
- 0.3 teaspoon salt
- 0.7 cup sugar

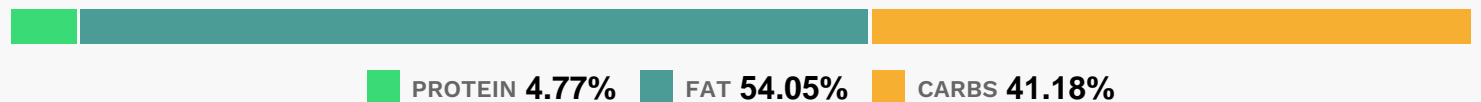
Equipment

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

Directions

- Heat oven to 350F. 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:7.21, Glycemic Load:6.59, Inflammation Score:-3, Nutrition Score:2.4808695782786%

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 Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 108.67kcal (5.43%), Fat: 6.68g (10.27%), Saturated Fat: 2.11g (13.17%), Carbohydrates: 11.45g (3.82%), Net Carbohydrates: 10.48g (3.81%), Sugar: 4.94g (5.49%), Cholesterol: 5.73mg (1.91%), Sodium: 86.41mg (3.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Manganese: 0.13mg (6.25%), Vitamin C: 4.97mg (6.02%), Vitamin A: 294.92IU (5.9%), Selenium: 2.95µg (4.21%), Vitamin B1: 0.06mg (4.15%), Folate: 16.43µg (4.11%), Fiber: 0.97g (3.87%), Vitamin B2: 0.06mg (3.27%), Vitamin B3: 0.5mg (2.5%), Iron: 0.44mg (2.43%), Vitamin E: 0.35mg (2.36%), Vitamin K: 2.03µg (1.94%), Phosphorus: 18.52mg (1.85%), Copper: 0.03mg (1.4%), Calcium: 12.93mg (1.29%), Magnesium: 4.91mg (1.23%), Potassium: 42.03mg (1.2%), Vitamin B5: 0.11mg (1.1%)