



Fresh Fruit with Cannoli Cream

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



143 kcal

SIDE DISH

Ingredients

- 2 tablespoons almonds lightly toasted sliced
- 1 cup blueberries fresh
- 2 medium kiwifruit diced peeled
- 2.5 tablespoons cream cheese light tub-style softened
- 2.5 tablespoons orange marmalade
- 0.3 cup part-skim ricotta cheese
- 1 tablespoon bittersweet chocolate grated
- 1.5 cups strawberries fresh sliced

- 0.1 teaspoon vanilla extract
- 0.8 cup non-dairy whipped topping fat-free frozen thawed

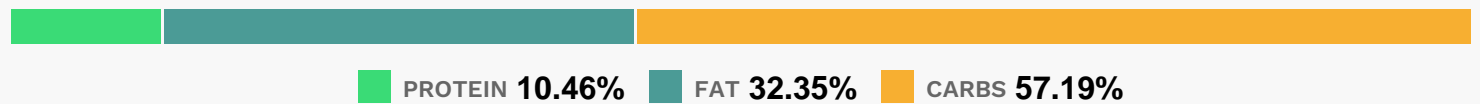
Equipment

- bowl

Directions

- Combine first 4 ingredients in a large bowl. Fold whipped topping into ricotta mixture.
- Combine strawberries, blueberries, and kiwifruit in a bowl, toss gently.
- Spoon about 1/2 cup fruit into each of 6 dessert dishes; top each serving with 3 tablespoons cannoli cream, 1/2 teaspoon grated semisweet chocolate, and 1 teaspoon sliced almonds.

Nutrition Facts



Properties

Glycemic Index:23.78, Glycemic Load:3.8, Inflammation Score:-5, Nutrition Score:8.7017390611379%

Flavonoids

Cyanidin: 2.77mg, Cyanidin: 2.77mg, Cyanidin: 2.77mg, Cyanidin: 2.77mg Petunidin: 7.82mg, Petunidin: 7.82mg, Petunidin: 7.82mg, Petunidin: 7.82mg Delphinidin: 8.85mg, Delphinidin: 8.85mg, Delphinidin: 8.85mg, Delphinidin: 8.85mg Malvidin: 16.68mg, Malvidin: 16.68mg, Malvidin: 16.68mg, Malvidin: 16.68mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 5.02mg, Peonidin: 5.02mg, Peonidin: 5.02mg, Peonidin: 5.02mg Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 143.23kcal (7.16%), Fat: 5.46g (8.4%), Saturated Fat: 2.22g (13.84%), Carbohydrates: 21.71g (7.24%), Net Carbohydrates: 18.78g (6.83%), Sugar: 14.92g (16.58%), Cholesterol: 9.3mg (3.1%), Sodium: 53.49mg (2.33%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 3.97g (7.94%), Vitamin C: 46.62mg (56.51%), Manganese: 0.36mg (18.24%), Vitamin K: 18.15µg (17.29%), Fiber: 2.93g (11.74%), Vitamin E: 1.55mg (10.32%), Vitamin B2: 0.16mg (9.53%), Calcium: 88.4mg (8.84%), Phosphorus: 85.87mg (8.59%), Copper: 0.15mg (7.68%), Magnesium: 27.91mg (6.98%), Potassium: 218.73mg (6.25%), Folate: 24.8µg (6.2%), Selenium: 3.46µg (4.94%), Vitamin B12: 0.24µg (4.01%), Zinc: 0.56mg (3.7%), Iron: 0.66mg (3.65%), Vitamin B6: 0.07mg (3.62%), Vitamin B1: 0.05mg (3.55%), Vitamin A: 154.29IU (3.09%), Vitamin B3: 0.55mg (2.77%), Vitamin B5: 0.24mg (2.42%)