



## Fresh Strawberry-Rhubarb Fool

 Gluten Free

READY IN



180 min.

SERVINGS



8

CALORIES



164 kcal

SIDE DISH

### Ingredients

- 3.4 oz jell-o vanilla flavor pudding instant
- 1 cup milk cold
- 2.5 cups rhubarb chopped
- 4 cups strawberries fresh divided
- 0.5 cup sugar
- 2 Tbsp water
- 1 cup cool whip whipped topping thawed

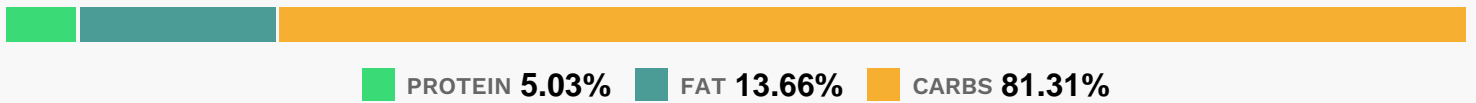
### Equipment

- bowl
- sauce pan
- whisk

## Directions

- Reserve 4 berries for garnish; chop remaining berries.
- Place 1 cup chopped berries in medium saucepan; stir in rhubarb, sugar and water. Bring to boil in covered saucepan on high heat; cook on medium-low heat 5 min. or until berries are softened, stirring occasionally.
- Pour into bowl; cool to room temperature. Refrigerate 2 hours or until chilled.
- Beat pudding mix and milk in large bowl with whisk 2 min.
- Add berry mixture; stir 1 min. Stir in COOL WHIP.
- Spoon remaining chopped berries into dessert glasses; top with rhubarb mixture. Slice reserved whole berries; place on desserts.

## Nutrition Facts



## Properties

Glycemic Index:20.14, Glycemic Load:11.04, Inflammation Score:-4, Nutrition Score:6.9939130337342%

## Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.07mg, Catechin: 3.07mg, Catechin: 3.07mg, Catechin: 3.07mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin:

0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 164.14kcal (8.21%), Fat: 2.58g (3.98%), Saturated Fat: 1.67g (10.43%), Carbohydrates: 34.61g (11.54%), Net Carbohydrates: 32.41g (11.79%), Sugar: 29.65g (32.95%), Cholesterol: 3.85mg (1.28%), Sodium: 97.41mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.14g (4.29%), Vitamin C: 45.39mg (55.01%), Manganese: 0.36mg (17.77%), Vitamin K: 13.15µg (12.52%), Calcium: 89.32mg (8.93%), Fiber: 2.2g (8.79%), Potassium: 277.84mg (7.94%), Phosphorus: 60.6mg (6.06%), Folate: 20.23µg (5.06%), Vitamin B2: 0.08mg (4.81%), Magnesium: 18.29mg (4.57%), Vitamin B6: 0.06mg (3.17%), Vitamin B12: 0.18µg (3.06%), Vitamin B1: 0.04mg (2.92%), Vitamin E: 0.37mg (2.49%), Selenium: 1.7µg (2.42%), Copper: 0.05mg (2.39%), Vitamin B5: 0.24mg (2.36%), Iron: 0.4mg (2.25%), Vitamin D: 0.34µg (2.24%), Vitamin B3: 0.43mg (2.17%), Vitamin A: 103.88IU (2.08%), Zinc: 0.28mg (1.85%)