



Frosty Berry Blend

 **Gluten Free**

READY IN



70 min.

SERVINGS



10

CALORIES



226 kcal

DESSERT

Ingredients

- 8 oz philadelphia cream cheese softened
- 6 Tbsp honey
- 0.3 cup milk
- 10 plastic cups
- 2 cups raspberries and blueberries frozen

Equipment

- food processor

Directions

- Place milk, honey and cream cheese in food processor container; cover. Process on high speed until well blended.
- Add fruit; cover. Blend until smooth, scraping side of food processor container as necessary.
- Pour into 10 glass, plastic or paper cups and freeze until ready to serve, or eat immediately, soft set.

Nutrition Facts

PROTEIN 6.07% **FAT 50.56%** **CARBS 43.37%**

Properties

Glycemic Index:15.73, Glycemic Load:7.29, Inflammation Score:-3, Nutrition Score:3.6926086648651%

Flavonoids

Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg, Cyanidin: 2.5mg Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg, Petunidin: 9.33mg Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg, Delphinidin: 10.49mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg, Peonidin: 6.01mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 225.76kcal (11.29%), Fat: 13.28g (20.43%), Saturated Fat: 6.52g (40.76%), Carbohydrates: 25.63g (8.54%), Net Carbohydrates: 24.28g (8.83%), Sugar: 22.46g (24.96%), Cholesterol: 24.66mg (8.22%), Sodium: 135.02mg (5.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.17%), Vitamin A: 339.97IU (6.8%), Vitamin K: 6.55µg (6.24%), Phosphorus: 61.85mg (6.19%), Vitamin B2: 0.1mg (5.66%), Manganese: 0.11mg (5.61%), Fiber: 1.35g (5.39%), Vitamin B3: 0.93mg (4.65%), Calcium: 45.29mg (4.53%), Magnesium: 15.34mg (3.84%), Vitamin C: 2.99mg (3.62%), Potassium: 126.74mg (3.62%), Selenium: 2.43µg (3.48%), Copper: 0.07mg (3.32%), Folate: 12.57µg (3.14%), Vitamin B1: 0.05mg (3.12%), Vitamin B5: 0.3mg (3.03%), Zinc: 0.43mg (2.87%), Vitamin E: 0.39mg (2.62%), Vitamin B6: 0.05mg (2.59%), Vitamin B12: 0.13µg (2.12%), Iron: 0.37mg (2.04%)