



Frozen Berry Treats

 **Gluten Free**  **Dairy Free**

READY IN



275 min.

SERVINGS



35

CALORIES



38 kcal

Ingredients

- 6 oz lemonade concentrate frozen () (Do not thaw.)
- 2 cups poached berries mixed coarsely chopped (blueberries, raspberries and strawberries)
- 1 pkg jell-o orange flavor gelatin (4-serving size)
- 1 cup water boiling
- 8 oz cool whip whipped topping divided thawed

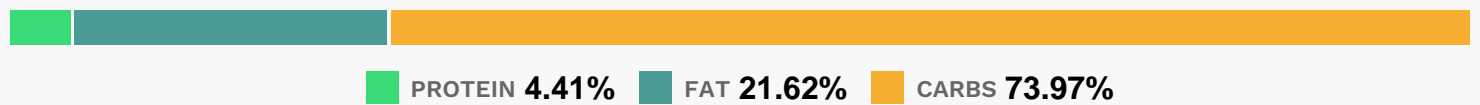
Equipment

- bowl
- whisk
- muffin liners

Directions

- Stir boiling water into dry gelatin mix in medium bowl at least 2 min. until gelatin is completely dissolved. Stir in lemonade concentrate. Refrigerate 30 min. or until slightly thickened (consistency of unbeaten egg whites).
- Add half of the whipped topping; stir with wire whisk until well blended. Refrigerate 5 min. or until thickened. Gently stir in berries. Spoon into 16 paper-lined 2-1/2-inch muffin cups.
- Freeze 4 hours or until firm. To serve, remove and discard paper liners. Top desserts with remaining whipped topping. Store leftovers in freezer.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.47173912531656%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Petunidin: 1.61mg, Petunidin: 1.61mg, Petunidin: 1.61mg, Petunidin: 1.61mg Delphinidin: 1.91mg, Delphinidin: 1.91mg, Delphinidin: 1.91mg, Delphinidin: 1.91mg Malvidin: 4.4mg, Malvidin: 4.4mg, Malvidin: 4.4mg, Malvidin: 4.4mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 37.81kcal (1.89%), Fat: 0.94g (1.45%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 7.23g (2.41%), Net Carbohydrates: 6.98g (2.54%), Sugar: 6.53g (7.26%), Cholesterol: 0.13mg (0.04%), Sodium: 16.75mg (0.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.86%), Vitamin K: 1.67µg (1.59%), Vitamin C: 0.86mg (1.04%), Fiber: 0.25g (1.01%)