



Frozen Chocolate-Raspberry Cheese Pie

 Gluten Free

READY IN



375 min.

SERVINGS



15

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup knudsen milkfat cottage cheese 2% low fat
- 0.8 cup milk fat-free cold
- 1 oz jell-o chocolate flavor pudding fat free sugar free instant
- 0.5 cup raspberries fresh
- 1 oz baker's semi-sweet chocolate grated
- 0.3 cup raspberry fruit spread seedless
- 2 cups cool whip lite whipped topping thawed

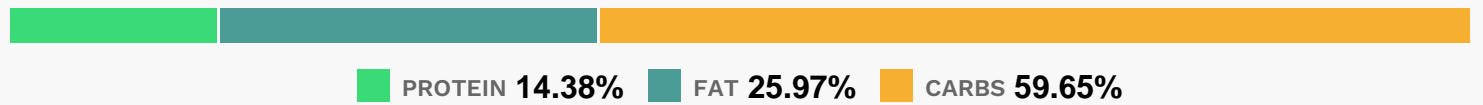
Equipment

- bowl
- blender

Directions

- Blend milk, cottage cheese and fruit spread in blender until smooth.
- Add dry pudding mix; blend 2 min.
- Pour into large bowl. Gently stir in COOL WHIP. Spoon into 8- or 9-inch pie plate; smooth top.
- Freeze 6 hours or until firm. Top with grated chocolate and raspberries just before serving.

Nutrition Facts



Properties

Glycemic Index:7.62, Glycemic Load:3.07, Inflammation Score:-1, Nutrition Score:1.8630434896635%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 78.58kcal (3.93%), Fat: 2.26g (3.48%), Saturated Fat: 1.67g (10.42%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 11.14g (4.05%), Sugar: 9.21g (10.23%), Cholesterol: 1.28mg (0.43%), Sodium: 103.05mg (4.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Phosphorus: 49.57mg (4.96%), Calcium: 36.37mg (3.64%), Vitamin B2: 0.06mg (3.48%), Vitamin B12: 0.19µg (3.16%), Selenium: 2.21µg (3.15%), Manganese: 0.06mg (3.13%), Copper: 0.05mg (2.34%), Fiber: 0.56g (2.25%), Vitamin C: 1.71mg (2.08%), Magnesium: 8.28mg (2.07%), Potassium: 70.55mg (2.02%), Zinc: 0.21mg (1.37%), Iron: 0.24mg (1.33%), Vitamin B6: 0.02mg (1.2%), Vitamin B1: 0.02mg (1.02%), Folate: 4.08µg (1.02%)