



WHATSheATE



Frozen Raspberry Desserts



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup raspberries
- ☐ 7 ounce cartons vanilla pudding fat-free
- ☐ 1 cup non-dairy whipped topping

Equipment

- ☐ muffin liners

Directions

Line 8 muffin cups with paper muffin liners. Fold together 2 (5-ounce) cartons vanilla fat-free pudding, 1 cup whipped topping, and 1/2 cup raspberries. Divide mixture evenly among muffin cups; cover and freeze at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:3.25, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:0.75478260802186%

Flavonoids

Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 118.91kcal (5.95%), Fat: 1.38g (2.12%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 26.3g (8.77%), Net Carbohydrates: 25.66g (9.33%), Sugar: 22.22g (24.69%), Cholesterol: 0.19mg (0.06%), Sodium: 164.34mg (7.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.89%), Manganese: 0.05mg (2.61%), Fiber: 0.64g (2.55%), Vitamin C: 1.97mg (2.38%)