



JELL-O Fruit and Cookie Dream

READY IN



10 min.

SERVINGS



10

CALORIES



122 kcal

Ingredients

- 1 cup blueberries fresh sliced
- 6 oreo cookies chopped
- 3 oz jell-o strawberry flavor gelatin
- 12 oz strawberry yogurt low-fat
- 0.8 cup cool whip whipped topping thawed

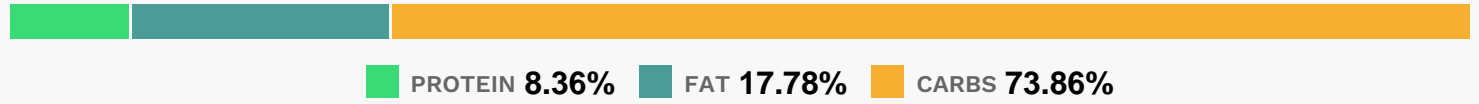
Equipment

- bowl
- whisk

Directions

- Mix yogurt and dry gelatin mix in medium bowl with whisk until blended.
- Stir in COOL WHIP; spoon half gelatin mixture into 6 dessert dishes.
- Top with half each of the remaining ingredients. Repeat layers.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:2.3156521605409%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 121.55kcal (6.08%), Fat: 2.47g (3.8%), Saturated Fat: 1.22g (7.6%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 22.39g (8.14%), Sugar: 18.9g (21%), Cholesterol: 3.17mg (1.06%), Sodium: 90.48mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin B2: 0.09mg (5.47%), Iron: 0.97mg (5.41%), Phosphorus: 51.16mg (5.12%), Manganese: 0.1mg (4.97%), Vitamin K: 5.01µg (4.77%), Calcium: 43.39mg (4.34%), Vitamin B12: 0.19µg (3.14%), Potassium: 94.74mg (2.71%), Fiber: 0.67g (2.66%), Copper: 0.04mg (2.15%), Vitamin E: 0.29mg (1.94%), Vitamin C: 1.44mg (1.74%), Selenium: 1.09µg (1.56%), Folate: 5.7µg (1.43%), Vitamin B1: 0.02mg (1.4%), Vitamin B3: 0.26mg (1.28%), Magnesium: 4.84mg (1.21%)