



JELL-O® Berry Cookie Cups

READY IN



10 min.

SERVINGS



10

CALORIES



77 kcal

Ingredients

- 1 cup blueberries fresh sliced
- 12 oz strawberry nonfat yogurt
- 6 oreo cookies chopped
- 0.3 oz jell-o strawberry flavor gelatin sugar free
- 0.8 cup cool whip lite whipped topping thawed

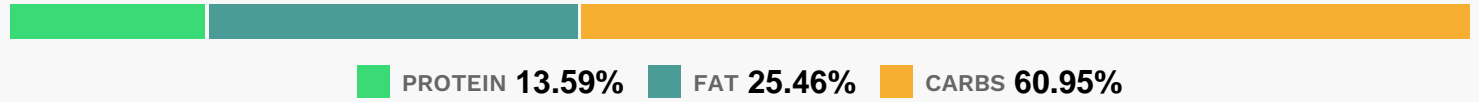
Equipment

- bowl

Directions

- Mix yogurt and dry gelatin mix in medium bowl until blended.
- Stir in COOL WHIP.
- Layer yogurt mixture, berries and cookies in 6 dessert dishes.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:3.0339130383471%

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 Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 76.74kcal (3.84%), Fat: 2.22g (3.42%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 11.4g (4.15%), Sugar: 9.08g (10.08%), Cholesterol: 0.79mg (0.26%), Sodium: 62.29mg (2.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Calcium: 74.12mg (7.41%), Phosphorus: 67.24mg (6.72%), Vitamin B2: 0.11mg (6.37%), Iron: 0.95mg (5.28%), Manganese: 0.1mg (5.02%), Vitamin K: 5.08µg (4.84%), Vitamin B12: 0.22µg (3.65%), Potassium: 120.73mg (3.45%), Magnesium: 11.15mg (2.79%), Zinc: 0.41mg (2.75%), Selenium: 1.81µg (2.58%), Vitamin B5: 0.26mg (2.58%), Vitamin B1: 0.04mg (2.48%), Folate: 9.56µg (2.39%), Fiber: 0.56g (2.26%), Vitamin C: 1.74mg (2.11%), Copper: 0.04mg (1.96%), Vitamin E: 0.29mg (1.94%), Vitamin B3: 0.3mg (1.48%), Vitamin B6: 0.03mg (1.43%)