



## July 4th Dessert Bowl

READY IN



140 min.

SERVINGS



16

CALORIES



282 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 bananas sliced
- 1 cup blueberries
- 0.3 cup colored sugars blue red
- 8 oz philadelphia cream cheese softened
- 0.3 cup granulated sugar
- 6.8 oz jell-o vanilla flavor pudding instant
- 3 cups milk cold
- 1 cup strawberries fresh sliced
- 48 vanilla wafers

8 oz cool whip whipped topping divided thawed

## Equipment

bowl

blender

## Directions

Beat cream cheese in large bowl with mixer until creamy. Gradually beat in milk.

Add pudding mixes; beat until well blended. Gently stir in 2 cups COOL WHIP.

Brush tops of wafers with water.

Sprinkle 16 wafers with red sugar, 16 wafers with blue sugar and remaining wafers with granulated sugar.

Arrange 24 wafers on bottom and up side of 2-1/2-qt. bowl, alternating colors of wafers. Spoon half the pudding mixture into bowl; top with layers of half each of the fruits. Cover with layers of remaining wafers, pudding mixture and fruits.

Top with remaining COOL WHIP. Refrigerate 2 hours.

## Nutrition Facts



PROTEIN **5.37%**  FAT **36.56%**  CARBS **58.07%**

## Properties

Glycemic Index:21.68, Glycemic Load:15.43, Inflammation Score:-3, Nutrition Score:4.6847826683003%

## Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Petunidin: 2.93mg, Petunidin: 2.93mg, Petunidin: 2.93mg, Petunidin: 2.93mg Delphinidin: 3.31mg, Delphinidin: 3.31mg, Delphinidin: 3.31mg, Delphinidin: 3.31mg Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg, Malvidin: 6.25mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg, Peonidin: 1.88mg Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

0.02mg, Luteolin: 0.02mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg  
Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.82mg, Quercetin: 0.82mg,  
Quercetin: 0.82mg, Quercetin: 0.82mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,  
Gallocatechin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 281.52kcal (14.08%), Fat: 11.62g (17.88%), Saturated Fat: 6.49g (40.58%), Carbohydrates: 41.55g (13.85%),  
Net Carbohydrates: 40.44g (14.7%), Sugar: 29.88g (33.2%), Cholesterol: 20.27mg (6.76%), Sodium: 221.33mg  
(9.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.69%), Vitamin B2: 0.17mg (9.92%), Vitamin C:  
7.47mg (9.06%), Phosphorus: 86.18mg (8.62%), Calcium: 83.45mg (8.35%), Vitamin B1: 0.12mg (7.83%), Vitamin A:  
290.49IU (5.81%), Folate: 23.21µg (5.8%), Manganese: 0.11mg (5.51%), Potassium: 192.94mg (5.51%), Vitamin B12:  
0.31µg (5.11%), Vitamin B6: 0.1mg (5.09%), Fiber: 1.11g (4.44%), Selenium: 2.75µg (3.93%), Vitamin B3: 0.71mg  
(3.57%), Magnesium: 13.47mg (3.37%), Vitamin D: 0.5µg (3.36%), Vitamin B5: 0.32mg (3.23%), Vitamin K: 2.95µg  
(2.81%), Zinc: 0.32mg (2.17%), Vitamin E: 0.31mg (2.06%), Copper: 0.03mg (1.41%)