



Layered Fruit Dessert

READY IN



80 min.

SERVINGS



20

CALORIES



102 kcal

DESSERT

Ingredients

- 2 bananas sliced
- 8 oz philadelphia cream cheese softened
- 1 cup grapes green seedless
- 6 ladyfingers crumbled crisp
- 0.5 cup orange juice
- 1 orange zest divided
- 2 cups strawberries fresh sliced
- 0.3 cup sugar
- 2 cups cool whip whipped topping thawed

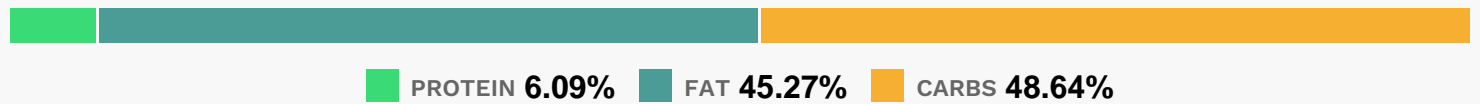
Equipment

- bowl
- blender

Directions

- Layer fruit and crumbled ladyfingers in 2-1/2-qt. straight-sided glass bowl.
- Beat cream cheese, sugar and half the orange zest in large bowl with mixer until well blended. Gradually beat in orange juice. Stir in COOL WHIP; spread over ladyfingers.
- Sprinkle with remaining zest.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:14.49, Glycemic Load:4.47, Inflammation Score:-2, Nutrition Score:2.8778260687123%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 101.85kcal (5.09%), Fat: 5.3g (8.15%), Saturated Fat: 3.27g (20.46%), Carbohydrates: 12.81g (4.27%), Net Carbohydrates: 12.04g (4.38%), Sugar: 8.53g (9.47%), Cholesterol: 18.9mg (6.3%), Sodium: 46.38mg (2.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.21%), Vitamin C: 13.65mg (16.55%), Manganese: 0.1mg (5.15%), Vitamin A: 205.37IU (4.11%), Vitamin B2: 0.07mg (3.94%), Vitamin B6: 0.07mg (3.6%), Potassium: 118.69mg (3.39%), Phosphorus: 32.13mg (3.21%), Fiber: 0.77g (3.09%), Folate: 11.79µg (2.95%), Calcium: 23.2mg (2.32%), Vitamin B1: 0.03mg (2.14%), Magnesium: 8.34mg (2.09%), Selenium: 1.37µg (1.95%), Vitamin K: 1.96µg (1.87%), Vitamin B5: 0.18mg (1.77%), Copper: 0.04mg (1.75%), Iron: 0.27mg (1.52%), Vitamin E: 0.21mg (1.38%), Vitamin B3: 0.27mg (1.33%), Vitamin B12: 0.06µg (1.08%)