



Lemon Blueberry Dessert

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



6

CALORIES



110 kcal

Ingredients

- 1 cup blueberries fresh
- 8 ounces optional: lemon
- 8 ounces non-dairy whipped topping frozen thawed

Equipment

- bowl

Directions

Fold whipped topping and blueberries into yogurt. Spoon into a serving bowl or individual dishes.

Serve immediately or refrigerate.

Nutrition Facts

PROTEIN 5.91% **FAT 39.48%** **CARBS 54.61%**

Properties

Glycemic Index:10.92, Glycemic Load:1.82, Inflammation Score:-2, Nutrition Score:3.4078260841577%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 8.07mg, Eriodictyol: 8.07mg, Eriodictyol: 8.07mg, Eriodictyol: 8.07mg Hesperetin: 10.55mg, Hesperetin: 10.55mg, Hesperetin: 10.55mg, Hesperetin: 10.55mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 109.69kcal (5.48%), Fat: 5.15g (7.92%), Saturated Fat: 4.29g (26.83%), Carbohydrates: 16.02g (5.34%), Net Carbohydrates: 14.37g (5.23%), Sugar: 12.32g (13.69%), Cholesterol: 0.76mg (0.25%), Sodium: 28.22mg (1.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Vitamin C: 22.43mg (27.18%), Fiber: 1.65g (6.6%), Vitamin K: 5.97µg (5.69%), Manganese: 0.09mg (4.71%), Calcium: 38.15mg (3.81%), Phosphorus: 36.98mg (3.7%), Potassium: 109.33mg (3.12%), Vitamin B2: 0.05mg (3.04%), Vitamin E: 0.39mg (2.58%), Vitamin B6: 0.05mg (2.53%), Vitamin B1: 0.03mg (2.12%), Iron: 0.33mg (1.85%), Magnesium: 7.15mg (1.79%), Folate: 6.77µg (1.69%), Copper: 0.03mg (1.59%), Selenium: 1.08µg (1.55%), Vitamin B12: 0.08µg (1.26%), Vitamin B5: 0.1mg (1.02%)