



Lemon-Blueberry Layered Dessert

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



415 kcal

Ingredients

- ☐ 21 ounce blueberry filling canned
- ☐ 2 cups lemon cookies crushed
- ☐ 6 ounce lemonade concentrate frozen thawed canned
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 8 ounce non-dairy whipped topping frozen thawed

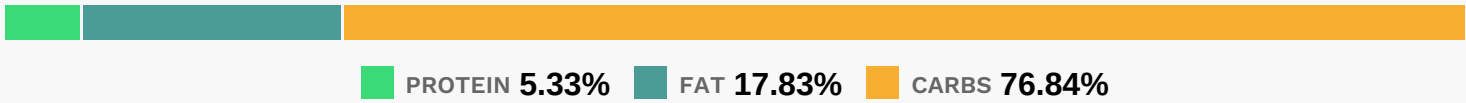
Equipment

- ☐ bowl

Directions

- ☐ Sprinkle 1 tablespoon crushed cookies into each of 8 (8-ounce) parfait glasses. Spoon 1 1/2 tablespoons pie filling over cookies in each glass.
- ☐ Spoon whipped topping into a bowl; fold in condensed milk and lemonade concentrate. Spoon 2 tablespoons whipped topping mixture over pie filling in each glass. Repeat layers once. Top evenly with remaining crushed cookies. Cover and chill 4 hours.
- ☐ Note: For testing purposes only, we used Pepperidge Farm Lemon-Nut Homestyle Cookies.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:17.34, Inflammation Score:-4, Nutrition Score:8.6313043703204%

Flavonoids

Eriodictyol: 11.32mg, Eriodictyol: 11.32mg, Eriodictyol: 11.32mg, Eriodictyol: 11.32mg Hesperetin: 14.79mg, Hesperetin: 14.79mg, Hesperetin: 14.79mg, Hesperetin: 14.79mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 414.5kcal (20.72%), Fat: 8.49g (13.06%), Saturated Fat: 5.95g (37.21%), Carbohydrates: 82.27g (27.42%), Net Carbohydrates: 78.79g (28.65%), Sugar: 72.6g (80.66%), Cholesterol: 17.43mg (5.81%), Sodium: 94.9mg (4.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.42%), Vitamin C: 32.69mg (39.62%), Calcium: 196.39mg (19.64%), Phosphorus: 165.39mg (16.54%), Vitamin B2: 0.27mg (15.75%), Fiber: 3.48g (13.93%), Selenium: 8.62µg (12.31%), Potassium: 386.72mg (11.05%), Manganese: 0.18mg (9.08%), Magnesium: 28.05mg (7.01%), Vitamin B1: 0.09mg (6.19%), Iron: 1.06mg (5.86%), Copper: 0.12mg (5.8%), Vitamin B5: 0.57mg (5.66%), Vitamin B6: 0.1mg (4.96%), Vitamin B12: 0.28µg (4.58%), Zinc: 0.61mg (4.06%), Vitamin K: 4.15µg (3.95%), Vitamin A: 181.47IU (3.63%), Folate: 14.37µg (3.59%), Vitamin E: 0.49mg (3.27%), Vitamin B3: 0.28mg (1.38%)