



## Lemon Dessert Shots

READY IN



60 min.

SERVINGS



12

CALORIES



91 kcal

### Ingredients

- ☐ 10 gingersnaps
- ☐ 0.5 cup marshmallow creme (from 7-oz jar)
- ☐ 6 oz vanilla-honey greek yogurt fat-free
- ☐ 0.5 cup lemon curd (from 10-oz jar)
- ☐ 36 raspberries
- ☐ 0.5 cup cool whip frozen thawed

### Equipment

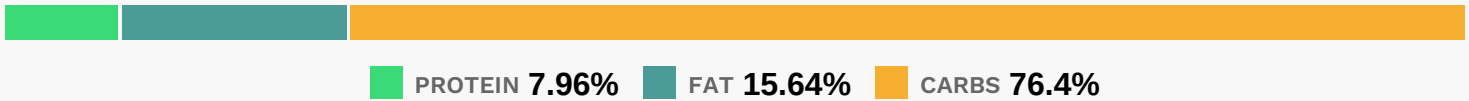
- ☐ bowl
- ☐ frying pan

- ☐ hand mixer
- ☐ ziploc bags
- ☐ rolling pin

## Directions

- ☐ In 1-quart resealable food-storage plastic bag, place cookies; seal bag. Crush with rolling pin; place in small bowl.
- ☐ In medium bowl, beat cream cheese and marshmallow creme with electric mixer on low speed until smooth. Beat in yogurt until blended.
- ☐ Place mixture in 1-quart resealable food-storage plastic bag; seal bag. In 1-pint resealable food-storage plastic bag, place lemon curd; seal bag.
- ☐ Cut 1/8-inch opening diagonally across bottom corner of each bag.
- ☐ In bottom of each of 12 (2-oz) shot glasses, place 1 raspberry. For each glass, pipe about 2 teaspoons yogurt mixture over raspberry. Pipe 1/4-inch ring of lemon curd around edge of glass; sprinkle with about 1 teaspoon cookies. Repeat.
- ☐ Garnish each dessert shot with dollop of about 2 teaspoons whipped topping and 1 raspberry.
- ☐ Place in 9-inch square pan. Refrigerate 30 minutes or until chilled but no longer than 3 hours.

## Nutrition Facts



## Properties

Glycemic Index:2.17, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:1.2660869593206%

## Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 91.23kcal (4.56%), Fat: 1.63g (2.51%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 17.4g (6.33%), Sugar: 12.53g (13.92%), Cholesterol: 0.97mg (0.32%), Sodium: 67.19mg (2.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Manganese: 0.13mg (6.55%), Iron: 0.42mg (2.31%), Vitamin B2: 0.04mg (2.28%), Fiber: 0.55g (2.2%), Vitamin C: 1.57mg (1.91%), Folate: 6.87µg (1.72%), Potassium: 45.38mg (1.3%), Vitamin B1: 0.02mg (1.21%), Copper: 0.02mg (1.19%), Vitamin B3: 0.24mg (1.18%), Magnesium: 4.43mg (1.11%)