

Lite Patriotic Parfaits

 Gluten Free

READY IN



250 min.

SERVINGS



9

CALORIES



83 kcal

Ingredients

- 1 cup blueberries
- 8 oz cool whip free whipped topping divided thawed
- 1 pkg pkg. jell-o strawberry flavor gelatin sugar free (8-serving size) (4-serving size each)
- 2 cups water boiling
- 2 cups water cold

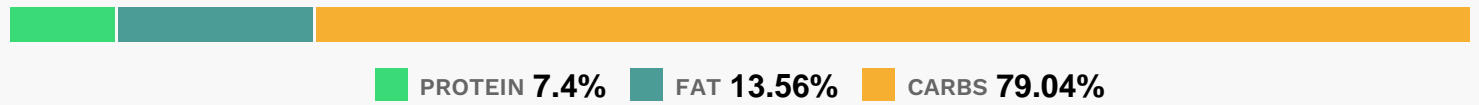
Equipment

- bowl

Directions

- Stir boiling water into gelatin in large bowl at least 2 minutes until completely dissolved. Stir in cold water.
- Pour evenly into 9 parfait or dessert glasses.
- Refrigerate 4 hours or until firm.
- Spoon 2 cups of the whipped topping over gelatin. Top with blueberries and remaining 1 cup whipped topping.

Nutrition Facts



Properties

Glycemic Index:4.44, Glycemic Load:0.8, Inflammation Score:-1, Nutrition Score:2.1243478124556%

Flavonoids

Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg, Cyanidin: 1.39mg Petunidin: 5.18mg, Petunidin: 5.18mg, Petunidin: 5.18mg, Petunidin: 5.18mg Delphinidin: 5.83mg, Delphinidin: 5.83mg, Delphinidin: 5.83mg, Delphinidin: 5.83mg Malvidin: 11.11mg, Malvidin: 11.11mg, Malvidin: 11.11mg, Malvidin: 11.11mg Peonidin: 3.34mg, Peonidin: 3.34mg, Peonidin: 3.34mg, Peonidin: 3.34mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 82.9kcal (4.15%), Fat: 1.31g (2.02%), Saturated Fat: 0.73g (4.55%), Carbohydrates: 17.23g (5.74%), Net Carbohydrates: 16.74g (6.09%), Sugar: 13.8g (15.33%), Cholesterol: 4.03mg (1.34%), Sodium: 67.58mg (2.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.61g (3.23%), Vitamin B2: 0.17mg (9.8%), Vitamin B12: 0.37µg (6.22%), Phosphorus: 32.43mg (3.24%), Calcium: 31.64mg (3.16%), Vitamin K: 3.25µg (3.09%), Vitamin B1: 0.04mg (2.91%), Manganese: 0.06mg (2.81%), Copper: 0.04mg (2.11%), Selenium: 1.41µg (2.01%), Vitamin B6: 0.04mg (1.98%), Fiber: 0.5g (1.98%), Vitamin C: 1.6mg (1.93%), Folate: 5.55µg (1.39%), Potassium: 40.54mg (1.16%), Magnesium: 4.24mg (1.06%), Vitamin A: 52.98IU (1.06%)