



## Low-Fat Berry Squares

 Gluten Free

READY IN



75 min.

SERVINGS



15

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup blueberries fresh sliced
- 8 oz cool whip free whipped topping divided thawed
- 2.5 cups milk fat-free cold
- 2 oz jell-o vanilla flavor pudding fat free sugar free instant
- 3 Tbsp orange juice
- 13.6 oz round cake fat-free prepared cut into 10 slices

### Equipment

- bowl

whisk

## Directions

- Arrange cake slices on bottom of 13x9-inch dish, cutting to fit if necessary; drizzle with juice. Top with berries.
- Beat pudding mixes and milk in large bowl with whisk 2 min. Stir in 1 cup COOL WHIP. Spoon over berries; cover with remaining COOL WHIP.
- Refrigerate 1 hour.

## Nutrition Facts

 **PROTEIN 9.98%**  **FAT 10.3%**  **CARBS 79.72%**

## Properties

Glycemic Index:8.35, Glycemic Load:1.32, Inflammation Score:-2, Nutrition Score:4.3091304094895%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 132.43kcal (6.62%), Fat: 1.54g (2.36%), Saturated Fat: 0.67g (4.17%), Carbohydrates: 26.77g (8.92%), Net Carbohydrates: 26.32g (9.57%), Sugar: 18.18g (20.2%), Cholesterol: 29.86mg (9.95%), Sodium: 211.9mg (9.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.7%), Vitamin B2: 0.22mg (13.05%), Phosphorus: 91.02mg (9.1%), Calcium: 89.38mg (8.94%), Vitamin B12: 0.52µg (8.7%), Vitamin B1: 0.11mg (7.63%), Selenium: 3.66µg (5.22%), Manganese: 0.09mg (4.46%), Folate: 17.08µg (4.27%), Iron: 0.74mg (4.12%), Potassium: 125.12mg (3.57%), Vitamin D: 0.5µg (3.34%), Vitamin B3: 0.65mg (3.27%), Vitamin A: 161.47IU (3.23%), Vitamin C: 2.66mg (3.22%), Vitamin B6: 0.06mg (3.11%), Vitamin B5: 0.29mg (2.87%), Zinc: 0.38mg (2.53%), Magnesium: 9.9mg

(2.48%), Vitamin K: 2µg (1.91%), Fiber: 0.46g (1.82%), Copper: 0.03mg (1.38%)