



## Low-Fat Chocolate-Berry Dessert

 Gluten Free

READY IN



135 min.

SERVINGS



15

CALORIES



109 kcal

DESSERT

### Ingredients

- 0.3 cup chocolate syrup
- 2 cups cool whip free whipped topping divided thawed
- 2.5 cups milk fat-free cold
- 2.8 oz jell-o chocolate flavor pudding fat free sugar free instant
- 7 oz marble loaf cake fat-free cut into 1/4-inch-thick slices ()
- 2 cups raspberries fresh

### Equipment

- frying pan

whisk

## Directions

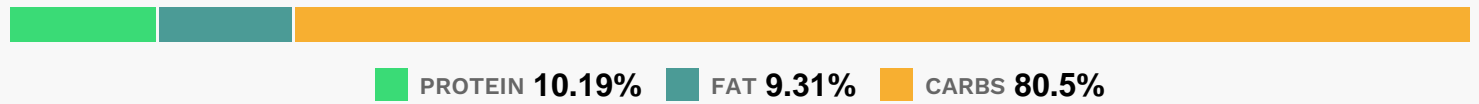
Cover bottom of 9-inch square pan with cake slices, cutting and piecing slices to fit. Beat pudding mixes and milk with whisk 2 min. (Pudding will be thick.) Stir in 1 cup COOL WHIP; spread over cake slices.

Refrigerate 2 hours or until firm.

Top with remaining COOL WHIP and berries just before serving.

Drizzle with syrup.

## Nutrition Facts



## Properties

Glycemic Index:3.95, Glycemic Load:0.89, Inflammation Score:-2, Nutrition Score:4.2643478486849%

## Flavonoids

Cyanidin: 7.32mg, Cyanidin: 7.32mg, Cyanidin: 7.32mg, Cyanidin: 7.32mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 109.42kcal (5.47%), Fat: 1.15g (1.77%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 22.38g (7.46%), Net Carbohydrates: 20.91g (7.6%), Sugar: 15.3g (17%), Cholesterol: 16.32mg (5.44%), Sodium: 185.74mg (8.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.67%), Vitamin B2: 0.16mg (9.56%), Manganese: 0.17mg (8.74%), Phosphorus: 83.52mg (8.35%), Calcium: 79.3mg (7.93%), Vitamin B12: 0.42µg (6.94%), Fiber: 1.47g (5.87%), Vitamin C: 4.2mg (5.09%), Vitamin B1: 0.08mg (5.06%), Magnesium: 16.31mg (4.08%), Potassium: 139.94mg (4%), Selenium: 2.55µg (3.65%), Iron: 0.65mg (3.59%), Copper: 0.07mg (3.48%), Vitamin D: 0.48µg (3.17%), Folate: 12.35µg (3.09%), Zinc: 0.42mg (2.79%), Vitamin B5: 0.26mg (2.64%), Vitamin B6: 0.05mg (2.63%), Vitamin A: 126.45IU (2.53%), Vitamin B3: 0.46mg (2.32%), Vitamin K: 1.41µg (1.34%), Vitamin E: 0.18mg (1.23%)