



Low-Fat Raspberry Summer Sensation

 Gluten Free

READY IN



205 min.

SERVINGS



25

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup milk fat-free cold
- 1 oz jell-o vanilla flavor pudding fat free sugar free instant
- 1 cup raspberries fresh
- 2 cups raspberry sorbet softened
- 8 oz cool whip whipped topping sugar free thawed

Equipment

- bowl
- whisk

- loaf pan
- aluminum foil

Directions

- Spoon sorbet into foil-lined 9x5-inch loaf pan; freeze 10 min.
- Beat pudding mix and milk in medium bowl with whisk 2 min. Stir in COOL WHIP; spread over sorbet.
- Freeze 3 hours or until firm. Unmold onto plate; remove foil.
- Let dessert stand 10 min. to soften slightly before slicing to serve. Top with berries.

Nutrition Facts



Properties

Glycemic Index:2.37, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:0.868260866274%

Flavonoids

Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 46.91kcal (2.35%), Fat: 1.3g (2%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 7.23g (2.63%), Sugar: 6.27g (6.97%), Cholesterol: 0.48mg (0.16%), Sodium: 26.7mg (1.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.92g (1.84%), Fiber: 0.57g (2.28%), Calcium: 20.63mg (2.06%), Phosphorus: 18.61mg (1.86%), Manganese: 0.03mg (1.63%), Vitamin C: 1.26mg (1.52%), Vitamin B2: 0.02mg (1.35%), Vitamin B12: 0.08µg (1.25%)