



Low-Fat Spiced Apple-Berry Cups

 Gluten Free

READY IN



190 min.

SERVINGS



10

CALORIES



84 kcal

SIDE DISH

Ingredients

- 1 cup cinnamon-flavored applesauce
- 2 cups cool whip free whipped topping divided thawed
- 0.8 cup ice cubes
- 0.3 oz jell-o strawberry flavor gelatin sugar free
- 0.8 cup water boiling

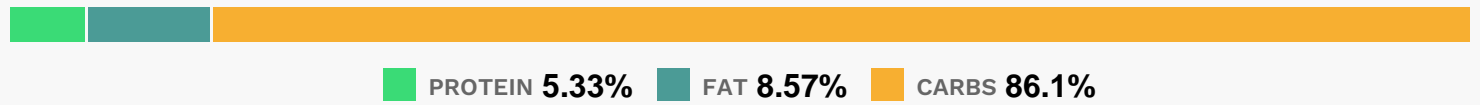
Equipment

- bowl

Directions

- Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved.
- Add ice; stir until melted. Stir in applesauce.
- Remove 1-1/2 cups gelatin; set aside at room temperature. Stir 1-1/2 cups COOL WHIP into remaining gelatin; spoon into 6 dessert glasses. Refrigerate 1 hour or until set but not firm.
- Top with reserved gelatin. Refrigerate 2 hours or until firm.
- Serve topped with remaining COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:0.5, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:10.358695781749%

Nutrients (% of daily need)

Calories: 84.03kcal (4.2%), Fat: 1.04g (1.61%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 23.59g (7.86%), Net Carbohydrates: 10.96g (3.99%), Sugar: 3.65g (4.05%), Cholesterol: 2.4mg (0.8%), Sodium: 18.9mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Manganese: 4.13mg (206.62%), Fiber: 12.62g (50.49%), Calcium: 254.35mg (25.44%), Iron: 1.97mg (10.97%), Vitamin K: 7.43µg (7.07%), Vitamin B2: 0.1mg (6.05%), Copper: 0.09mg (4.49%), Magnesium: 15.77mg (3.94%), Vitamin E: 0.56mg (3.75%), Vitamin B12: 0.22µg (3.7%), Potassium: 118.23mg (3.38%), Zinc: 0.48mg (3.22%), Vitamin B6: 0.06mg (2.79%), Phosphorus: 26.54mg (2.65%), Vitamin A: 96.04IU (1.92%), Vitamin B3: 0.37mg (1.85%), Vitamin B1: 0.03mg (1.83%), Selenium: 1.24µg (1.77%), Vitamin C: 0.9mg (1.09%)