



Low-Fat Triple Berry Pudding Dessert

READY IN



140 min.

SERVINGS



20

CALORIES



63 kcal

Ingredients

- ☐ 3 cups poached berries mixed fresh sliced (blueberries, raspberries and strawberries)
- ☐ 8 oz cool whip free whipped topping divided thawed
- ☐ 2 cups milk fat-free cold
- ☐ 2 oz jell-o vanilla flavor pudding fat free sugar free instant
- ☐ 3 oz ladyfingers split soft

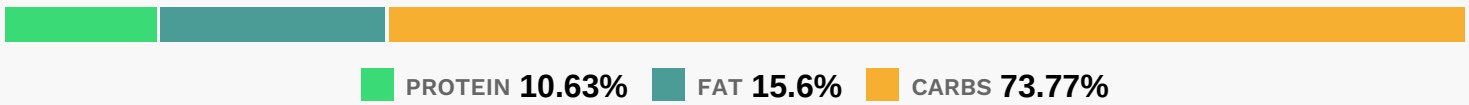
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Line bottom and side of 2–qt. serving bowl with ladyfingers.
- ☐ Beat pudding mixes and milk in large bowl with whisk 2 min. (Pudding will be thick.) Stir in 1–1/2 cups COOL WHIP; spoon into prepared bowl. Use back of spoon to make depression in center of pudding mixture.
- ☐ Combine berries and remaining COOL WHIP; spoon into center of pudding mixture.
- ☐ Refrigerate 2 hours.

Nutrition Facts



Properties

Glycemic Index:1.66, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:2.4043478032817%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Petunidin: 4.22mg, Petunidin: 4.22mg, Petunidin: 4.22mg, Petunidin: 4.22mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 11.54mg, Malvidin: 11.54mg, Malvidin: 11.54mg, Malvidin: 11.54mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 63.35kcal (3.17%), Fat: 1.13g (1.74%), Saturated Fat: 0.5g (3.13%), Carbohydrates: 12.06g (4.02%), Net Carbohydrates: 11.33g (4.12%), Sugar: 7.27g (8.07%), Cholesterol: 11.95mg (3.98%), Sodium: 42.7mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.47%), Vitamin B2: 0.13mg (7.62%), Vitamin B12: 0.34µg (5.7%), Calcium: 48.59mg (4.86%), Phosphorus: 43.9mg (4.39%), Vitamin K: 3.85µg (3.66%), Vitamin B1: 0.05mg (3.33%), Fiber: 0.73g (2.93%), Vitamin B6: 0.05mg (2.35%), Manganese: 0.05mg (2.27%), Vitamin A: 104.16IU (2.08%), Potassium: 71.09mg (2.03%), Folate: 7.32µg (1.83%), Vitamin D: 0.27µg (1.8%), Vitamin B5: 0.16mg (1.64%), Zinc: 0.21mg (1.4%), Vitamin B3: 0.28mg (1.4%), Magnesium: 5.52mg (1.38%), Selenium: 0.88µg (1.26%), Iron: 0.2mg (1.11%)