



Low-Fat Triple Berry Pudding Dessert

READY IN



140 min.

SERVINGS



12

CALORIES



106 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

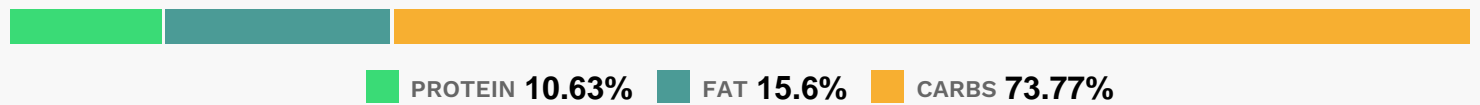
Equipment

- 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:2.77, Glycemic Load:0.66, Inflammation Score:-2, Nutrition Score:4.007826095042%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg, Petunidin: 7.04mg Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg, Delphinidin: 8.37mg Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg, Malvidin: 19.24mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 105.58kcal (5.28%), Fat: 1.89g (2.91%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 20.1g (6.7%), Net Carbohydrates: 18.88g (6.86%), Sugar: 12.11g (13.45%), Cholesterol: 19.91mg (6.64%), Sodium: 71.16mg (3.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.79%), Vitamin B2: 0.22mg (12.69%), Vitamin B12: 0.57µg (9.5%), Calcium: 80.98mg (8.1%), Phosphorus: 73.16mg (7.32%), Vitamin K: 6.41µg (6.11%), Vitamin B1: 0.08mg (5.56%), Fiber: 1.22g (4.88%), Vitamin B6: 0.08mg (3.92%), Manganese: 0.08mg (3.78%), Vitamin A: 173.61IU (3.47%), Potassium: 118.48mg (3.39%), Folate: 12.2µg (3.05%), Vitamin D: 0.45µg (2.99%), Vitamin B5: 0.27mg (2.73%), Zinc: 0.35mg (2.34%), Vitamin B3: 0.47mg (2.34%), Magnesium: 9.2mg (2.3%), Selenium: 1.46µg (2.09%), Iron: 0.33mg (1.85%), Vitamin E: 0.2mg (1.35%), Copper: 0.02mg (1.25%), Vitamin C: 0.97mg (1.17%)