



## Patriotic Layered Berry Dessert

READY IN



40 min.

SERVINGS



12

CALORIES



203 kcal

DESSERT

### Ingredients

- 0.5 cup blueberries fresh
- 2 tsp cinnamon sugar
- 1.3 cups half-and-half
- 3.4 oz jell-o cheesecake flavor pudding instant
- 1 ready-to-bake puff pastry
- 0.5 cup raspberries fresh
- 1 cup strawberries fresh sliced
- 1 cup cool whip lite whipped topping thawed

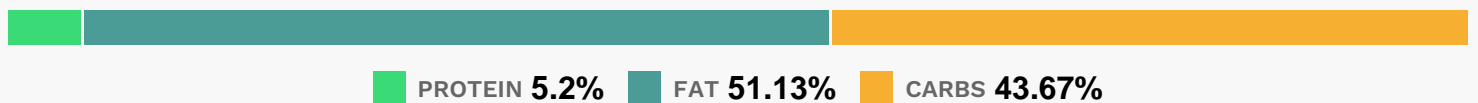
## Equipment

- bowl
- baking sheet
- baking paper
- oven
- whisk
- serrated knife

## Directions

- THAW pastry sheet according to package instructions.
- PREHEAT oven to 400F.
- UNFOLD pastry sheet on floured surface and slice along the seams to make three equal sized sections.
- Place on two baking sheets lined with parchment paper or silicone baking sheets.
- Sprinkle cinnamon sugar over the tops of two of the pastry sheet sections.
- BAKE 15 or until a golden brown. Move to wire racks and cool completely.
- BEAT pudding mix and half-and-half in medium bowl with whisk for 2 minutes. Fold in COOL WHIP. Refrigerate until ready to use, at least 5 minutes.
- SPLIT each pastry into two layers so you have six layers in all.
- Spread pudding mixture on one layer and top with berries. Repeat layers and continue with second dessert, making sure the two sugared layers are on top.
- GARNISH with any excess pudding or COOL WHIP and berries.
- TIP: Refrigerate for one hour (or up to four) and use a serrated knife for easier slicing.

## Nutrition Facts



## Properties

Glycemic Index:19.34, Glycemic Load:6.11, Inflammation Score:-2, Nutrition Score:3.9513043890829%

## Flavonoids

Cyanidin: 3.01mg, Cyanidin: 3.01mg, Cyanidin: 3.01mg, Cyanidin: 3.01mg Petunidin: 1.97mg, Petunidin: 1.97mg, Petunidin: 1.97mg, Petunidin: 1.97mg Delphinidin: 2.29mg, Delphinidin: 2.29mg, Delphinidin: 2.29mg, Delphinidin: 2.29mg Malvidin: 4.18mg, Malvidin: 4.18mg, Malvidin: 4.18mg, Malvidin: 4.18mg Pelargonidin: 3.03mg, Pelargonidin: 3.03mg, Pelargonidin: 3.03mg, Pelargonidin: 3.03mg Peonidin: 1.26mg, Peonidin: 1.26mg, Peonidin: 1.26mg, Peonidin: 1.26mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 203.09kcal (10.15%), Fat: 11.59g (17.83%), Saturated Fat: 4.45g (27.82%), Carbohydrates: 22.26g (7.42%), Net Carbohydrates: 21.25g (7.73%), Sugar: 10.97g (12.19%), Cholesterol: 8.95mg (2.98%), Sodium: 182.2mg (7.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.31%), Vitamin C: 9.19mg (11.14%), Manganese: 0.2mg (10.02%), Selenium: 5.97µg (8.52%), Vitamin B2: 0.12mg (7.03%), Vitamin B1: 0.1mg (6.46%), Vitamin K: 5.66µg (5.39%), Folate: 21.17µg (5.29%), Vitamin B3: 0.99mg (4.93%), Phosphorus: 45.89mg (4.59%), Fiber: 1.02g (4.08%), Calcium: 37mg (3.7%), Iron: 0.64mg (3.57%), Potassium: 82.71mg (2.36%), Magnesium: 9.26mg (2.31%), Vitamin E: 0.32mg (2.12%), Vitamin A: 100.49IU (2.01%), Copper: 0.04mg (2%), Zinc: 0.26mg (1.74%), Vitamin B6: 0.03mg (1.49%), Vitamin B5: 0.11mg (1.12%), Vitamin B12: 0.06µg (1.01%)