



Quick Berry Whips



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



24 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup low-calorie cranberry juice
- ☐ 0.3 ounce gelatin powder sugar-free strawberry-flavored
- ☐ 0.8 cup water boiling
- ☐ 0.5 cup non-dairy whipped topping frozen thawed reduced-calorie

Equipment

- ☐ blender

Directions

- ☐ Prepare gelatin with 3/4 cup boiling water according to package directions using steps 1 and 2 of speed-set method and substituting cranberry juice for cold water.
- ☐ Pour gelatin mixture into a blender; process 10 seconds, stopping once to scrape down sides.
- ☐ Add whipped topping; process 15 seconds.
- ☐ Pour gelatin mixture evenly into 6 dessert glasses. Cover and chill 1 hour or until set.
- ☐ carbo rating: 2

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.46, Inflammation Score:-1, Nutrition Score:0.59869565539386%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg, Pelargonidin: 0.35mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 24.15kcal (1.21%), Fat: 0.85g (1.31%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 4.16g (1.39%), Net Carbohydrates: 4.11g (1.49%), Sugar: 4.1g (4.55%), Cholesterol: 0.13mg (0.04%), Sodium: 6.41mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Vitamin C: 2.79mg (3.39%), Vitamin E: 0.29mg (1.92%), Vitamin K: 1.31µg (1.24%)