



## Raspberry-Chocolate Cream

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



1051 kcal

SIDE DISH

### Ingredients

- 0.5 cup chocolate syrup
- 2 cups raspberries
- 8 ounces non-dairy whipped topping frozen thawed

### Equipment

### Directions

- Divide half of the whipped topping among 4 dessert dishes.

Layer each with 1 tablespoon of the syrup and 1/4 cup of the raspberries.

Repeat layering with remaining ingredients.

## Nutrition Facts

 PROTEIN **4.81%**  FAT **27.81%**  CARBS **67.38%**

### Properties

Glycemic Index:26, Glycemic Load:3.37, Inflammation Score:-8, Nutrition Score:27.343478617461%

### Flavonoids

Cyanidin: 109.85mg, Cyanidin: 109.85mg, Cyanidin: 109.85mg, Cyanidin: 109.85mg Petunidin: 0.74mg, Petunidin: 0.74mg, Petunidin: 0.74mg, Petunidin: 0.74mg Delphinidin: 3.17mg, Delphinidin: 3.17mg, Delphinidin: 3.17mg, Delphinidin: 3.17mg Malvidin: 0.31mg, Malvidin: 0.31mg, Malvidin: 0.31mg, Malvidin: 0.31mg Pelargonidin: 2.35mg, Pelargonidin: 2.35mg, Pelargonidin: 2.35mg, Pelargonidin: 2.35mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 3.14mg, Catechin: 3.14mg, Catechin: 3.14mg, Catechin: 3.14mg Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg, Epigallocatechin: 1.1mg Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg, Epicatechin: 8.45mg Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg, Epigallocatechin 3-gallate: 1.3mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

### Nutrients (% of daily need)

Calories: 1051.32kcal (52.57%), Fat: 32.97g (50.72%), Saturated Fat: 26.45g (165.33%), Carbohydrates: 179.73g (59.91%), Net Carbohydrates: 160.23g (58.27%), Sugar: 138.61g (154.01%), Cholesterol: 4.54mg (1.51%), Sodium: 273.69mg (11.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9mg (3%), Protein: 12.83g (25.67%), Manganese: 2.18mg (109.05%), Fiber: 19.5g (78%), Vitamin C: 63.18mg (76.58%), Copper: 1.01mg (50.33%), Phosphorus: 430.93mg (43.09%), Magnesium: 166.18mg (41.54%), Iron: 5.05mg (28.04%), Potassium: 927.46mg (26.5%), Vitamin K: 26.73µg (25.45%), Calcium: 242.03mg (24.2%), Vitamin B2: 0.37mg (21.78%), Vitamin E: 3.25mg (21.68%), Zinc: 2.33mg (15.53%), Folate: 60.2µg (15.05%), Selenium: 8.02µg (11.46%), Vitamin B3: 2.14mg (10.72%), Vitamin B6: 0.19mg (9.32%), Vitamin B1: 0.14mg (9.04%), Vitamin B5: 0.81mg (8.09%), Vitamin B12: 0.45µg (7.56%), Vitamin A: 247.03IU (4.94%)