



Raspberry-Chocolate Cream



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



526 kcal

SIDE DISH

Ingredients

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

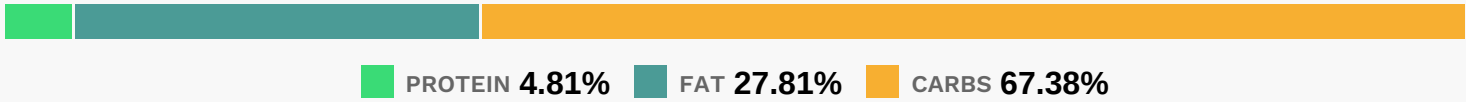
Equipment

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



Properties

Glycemic Index:13, Glycemic Load:1.68, Inflammation Score:-5, Nutrition Score:13.870000030683%

Flavonoids

Cyanidin: 54.92mg, Cyanidin: 54.92mg, Cyanidin: 54.92mg, Cyanidin: 54.92mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg Pelargonidin: 1.18mg, Pelargonidin: 1.18mg, Pelargonidin: 1.18mg, Pelargonidin: 1.18mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

Nutrients (% of daily need)

Calories: 525.66kcal (26.28%), Fat: 16.48g (25.36%), Saturated Fat: 13.23g (82.66%), Carbohydrates: 89.87g (29.96%), Net Carbohydrates: 80.12g (29.13%), Sugar: 69.3g (77%), Cholesterol: 2.27mg (0.76%), Sodium: 136.85mg (5.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.5mg (1.5%), Protein: 6.42g (12.83%), Manganese: 1.09mg (54.53%), Fiber: 9.75g (39%), Vitamin C: 31.59mg (38.29%), Copper: 0.5mg (25.17%), Phosphorus: 215.46mg (21.55%), Magnesium: 83.09mg (20.77%), Iron: 2.52mg (14.02%), Potassium: 463.73mg (13.25%), Vitamin K: 13.36µg (12.73%), Calcium: 121.01mg (12.1%), Vitamin B2: 0.19mg (10.89%), Vitamin E: 1.63mg (10.84%), Zinc: 1.16mg (7.77%), Folate: 30.1µg (7.53%), Selenium: 4.01µg (5.73%), Vitamin B3: 1.07mg (5.36%), Vitamin B6: 0.09mg (4.66%), Vitamin B1: 0.07mg (4.52%), Vitamin B5: 0.4mg (4.05%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 123.51IU (2.47%)