



## Raspberry Cream

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



2

CALORIES



388 kcal

SIDE DISH

### Ingredients

- 10 ounces raspberries sweetened frozen
- 3 ounces raspberry gelatin
- 1 cup whipped cream softened
- 0.5 cup water boiling
- 2 servings whipped cream

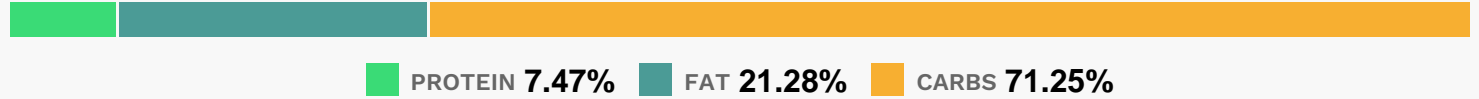
### Equipment

- bowl

## Directions

- In a bowl, dissolve gelatin in boiling water. Stir in raspberries and ice cream until blended. Spoon into two dessert dishes. Cover and refrigerate for at least 1 hour.
- Garnish with whipped cream.

## Nutrition Facts



## Properties

Glycemic Index:71, Glycemic Load:11.62, Inflammation Score:-6, Nutrition Score:12.750869605852%

## Flavonoids

Cyanidin: 64.88mg, Cyanidin: 64.88mg, Cyanidin: 64.88mg, Cyanidin: 64.88mg Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg, Petunidin: 0.44mg Delphinidin: 1.87mg, Delphinidin: 1.87mg, Delphinidin: 1.87mg, Delphinidin: 1.87mg Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg Pelargonidin: 1.39mg, Pelargonidin: 1.39mg, Pelargonidin: 1.39mg, Pelargonidin: 1.39mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg, Catechin: 1.86mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg Epicatechin: 4.99mg, Epicatechin: 4.99mg, Epicatechin: 4.99mg, Epicatechin: 4.99mg Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg, Epigallocatechin 3-gallate: 0.77mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

## Nutrients (% of daily need)

Calories: 387.77kcal (19.39%), Fat: 9.51g (14.64%), Saturated Fat: 5.34g (33.36%), Carbohydrates: 71.68g (23.89%), Net Carbohydrates: 62g (22.55%), Sugar: 57.33g (63.69%), Cholesterol: 33.6mg (11.2%), Sodium: 255.82mg (11.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.04%), Manganese: 0.96mg (47.99%), Vitamin C: 37.53mg (45.5%), Fiber: 9.68g (38.7%), Phosphorus: 175.71mg (17.57%), Vitamin B2: 0.23mg (13.74%), Calcium: 129.03mg (12.9%), Vitamin K: 11.37µg (10.83%), Magnesium: 42.53mg (10.63%), Potassium: 357.18mg (10.21%), Copper: 0.2mg (10.15%), Vitamin E: 1.47mg (9.8%), Vitamin B5: 0.87mg (8.74%), Folate: 34.52µg (8.63%), Vitamin A: 365.74IU (7.31%), Zinc: 1.08mg (7.22%), Selenium: 4.4µg (6.29%), Iron: 1.1mg (6.09%), Vitamin B6: 0.11mg (5.63%), Vitamin B1: 0.08mg (5.06%), Vitamin B3: 0.93mg (4.66%), Vitamin B12: 0.27µg (4.58%), Vitamin D: 0.16µg (1.04%)