



Raspberry Cream Cups

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



235 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup half-and-half fat-free
- ☐ 1.3 cups yogurt plain fat-free
- ☐ 1 teaspoon gelatin powder unflavored
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.8 cup cup heavy whipping cream sour low-fat
- ☐ 2 cups raspberries fresh divided
- ☐ 1 teaspoon vanilla extract

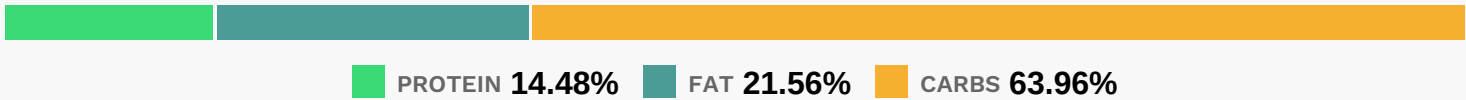
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ ramekin

Directions

- ☐ Sprinkle gelatin over half-and-half in a small saucepan; let stand 1 minute. Cook over low heat, stirring until gelatin dissolves.
- ☐ Remove from heat; cool slightly.
- ☐ Combine yogurt and next 3 ingredients in a bowl. Stir in gelatin mixture.
- ☐ Divide 1/2 of raspberries among 4 (6- ounce) ramekins or custard cups.
- ☐ Pour cream mixture over berries. Cover and chill 3 hours.
- ☐ Serve with remaining raspberries.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.84, Inflammation Score:-4, Nutrition Score:10.594782655654%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 234.73kcal (11.74%), Fat: 5.72g (8.8%), Saturated Fat: 3.32g (20.75%), Carbohydrates: 38.18g (12.73%), Net Carbohydrates: 34.28g (12.46%), Sugar: 28.75g (31.94%), Cholesterol: 18.84mg (6.28%), Sodium: 146.78mg (6.38%), Alcohol: 0.34g (100%), Alcohol %: 0.18% (100%), Protein: 8.65g (17.29%), Calcium: 286.52mg (28.65%), Phosphorus:

236.22mg (23.62%), Vitamin B2: 0.36mg (21.28%), Manganese: 0.42mg (21.09%), Vitamin C: 17.11mg (20.74%), Fiber: 3.9g (15.6%), Vitamin B12: 0.88µg (14.64%), Potassium: 494.44mg (14.13%), Zinc: 1.58mg (10.51%), Magnesium: 41.13mg (10.28%), Vitamin B5: 0.92mg (9.17%), Selenium: 6.11µg (8.73%), Folate: 28.78µg (7.2%), Vitamin B1: 0.1mg (6.56%), Vitamin B6: 0.12mg (5.87%), Copper: 0.11mg (5.52%), Vitamin K: 5.14µg (4.89%), Vitamin E: 0.67mg (4.46%), Vitamin A: 185.64IU (3.71%), Iron: 0.66mg (3.64%), Vitamin B3: 0.56mg (2.82%)