



Raspberry Jell-O Parfaits

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



79 kcal

Ingredients

- 1 cup blueberries fresh
- 1 cup raspberries fresh for garnish
- 3 ounces raspberries
- 0.8 cup non-dairy whipped topping prepared

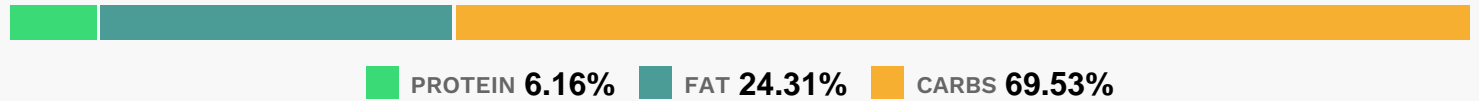
Equipment

- bowl
- ladle
- spatula

Directions

- Place the Jell-O in a medium-size bowl and stir in 1cup of boiling water. Stir until completely dissolved, about2 minutes.
- Stir in 1 cup of ice-cold water.Gently stir in the raspberries.
- With a soup ladle, divide themixture between 4 wine glasses orsmall dessert bowls. Refrigerate for4 hours to set.
- Spread 2 tablespoons of thewhipped topping over each hardened
- Jell-O with a small spatula.Top with 1/4 cup of blueberries.
- Other

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:2.51, Inflammation Score:-3, Nutrition Score:4.9886955476325%

Flavonoids

Cyanidin: 26.59mg, Cyanidin: 26.59mg, Cyanidin: 26.59mg, Cyanidin: 26.59mg Petunidin: 11.82mg, Petunidin: 11.82mg, Petunidin: 11.82mg, Petunidin: 11.82mg Delphinidin: 13.79mg, Delphinidin: 13.79mg, Delphinidin: 13.79mg, Delphinidin: 13.79mg Malvidin: 25.07mg, Malvidin: 25.07mg, Malvidin: 25.07mg, Malvidin: 25.07mg Pelargonidin: 0.5mg, Pelargonidin: 0.5mg, Pelargonidin: 0.5mg, Pelargonidin: 0.5mg Peonidin: 7.57mg, Peonidin: 7.57mg, Peonidin: 7.57mg, Peonidin: 7.57mg Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg, Catechin: 2.63mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 2.03mg, Epicatechin: 2.03mg, Epicatechin: 2.03mg, Epicatechin: 2.03mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg, Galliccatechin: 0.04mg

Nutrients (% of daily need)

Calories: 79.25kcal (3.96%), Fat: 2.3g (3.53%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 14.78g (4.93%), Net Carbohydrates: 10.56g (3.84%), Sugar: 9.27g (10.3%), Cholesterol: 0.28mg (0.09%), Sodium: 11.01mg (0.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Manganese: 0.47mg (23.39%), Vitamin C: 17.02mg (20.63%), Fiber: 4.22g (16.88%), Vitamin K: 11.59µg (11.04%), Vitamin E: 0.73mg (4.85%), Magnesium: 14.48mg

(3.62%), Copper: 0.07mg (3.43%), Potassium: 120.1mg (3.43%), Folate: 13.41µg (3.35%), Phosphorus: 29.71mg (2.97%), Vitamin B2: 0.05mg (2.78%), Iron: 0.47mg (2.62%), Vitamin B6: 0.05mg (2.51%), Calcium: 25.02mg (2.5%), Vitamin B3: 0.48mg (2.38%), Vitamin B1: 0.03mg (2.19%), Vitamin B5: 0.21mg (2.15%), Zinc: 0.29mg (1.92%)