



## Raspberry Summer Sensation

 Gluten Free

READY IN



210 min.

SERVINGS



30

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3.4 oz jell-o vanilla flavor pudding instant
- 1 cup milk cold
- 1 cup raspberries
- 2 cups raspberry sorbet softened
- 8 oz cool whip whipped topping thawed

### Equipment

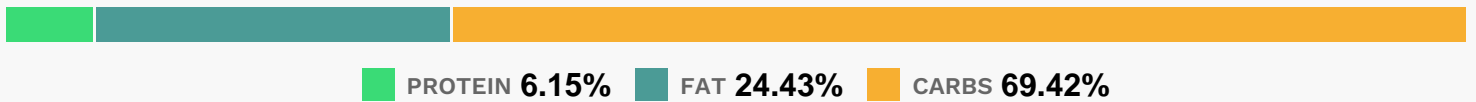
- bowl
- frying pan

- whisk
- loaf pan
- aluminum foil

## Directions

- Line 9x5-inch loaf pan with foil. Spoon sorbet into prepared pan; freeze 10 min.
- Beat milk and pudding mix in large bowl with whisk 2 min. or until well blended. Gently stir in COOL WHIP; spread over sorbet in pan.
- Freeze 3 hours or until firm. To unmold, invert pan onto plate; remove foil.
- Let stand 10 to 15 min. to soften slightly before slicing to serve.
- Serve topped with the raspberries. Store leftovers in freezer.

## Nutrition Facts



## Properties

Glycemic Index:2.13, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:0.71869565222574%

## Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 49.79kcal (2.49%), Fat: 1.34g (2.07%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 8.6g (2.87%), Net Carbohydrates: 8.11g (2.95%), Sugar: 7g (7.78%), Cholesterol: 1.13mg (0.38%), Sodium: 36.39mg (1.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Fiber: 0.49g (1.96%), Calcium: 16.53mg (1.65%), Phosphorus: 15.03mg (1.5%), Manganese: 0.03mg (1.37%), Vitamin C: 1.05mg (1.27%), Vitamin B2: 0.02mg (1.17%)