



Raspberry Yogurt Celebration Dessert

READY IN



15 min.

SERVINGS



8

CALORIES



156 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 oz raspberries unsweetened frozen thawed
- ☐ 2 cups cool whip fat-free frozen thawed ()
- ☐ 12 oz raspberries light fat free red yoplait®
- ☐ 5 oz grands flaky refrigerator biscuits crumbled
- ☐ 1 leaves mint leaves fresh

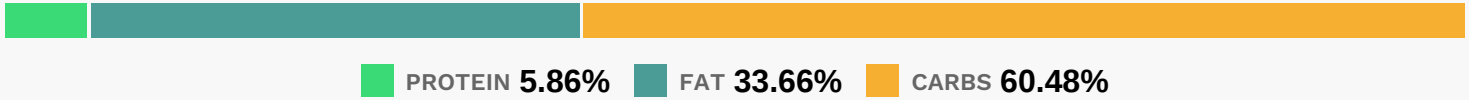
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Place raspberries in blender. Cover; blend on high speed until smooth. Set aside.
- ☐ In large bowl, mix whipped topping and yogurt. Fold in crumbled meringues and half of the raspberry puree. Spoon into chilled serving bowl; drizzle with remaining raspberry puree.
- ☐ Garnish with mint leaves.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:8.08, Inflammation Score:-3, Nutrition Score:7.0530434846878%

Flavonoids

Cyanidin: 32.44mg, Cyanidin: 32.44mg, Cyanidin: 32.44mg, Cyanidin: 32.44mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg, Delphinidin: 0.94mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.69mg, Pelargonidin: 0.69mg, Pelargonidin: 0.69mg, Pelargonidin: 0.69mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 155.87kcal (7.79%), Fat: 6.04g (9.29%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 24.43g (8.14%), Net Carbohydrates: 19.51g (7.1%), Sugar: 9.96g (11.07%), Cholesterol: 3mg (1%), Sodium: 76.76mg (3.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.73%), Manganese: 0.55mg (27.54%), Vitamin C: 18.57mg (22.51%), Fiber: 4.91g (19.65%), Vitamin B2: 0.2mg (11.69%), Folate: 32.43µg (8.11%), Vitamin B1: 0.11mg (7.53%), Vitamin K: 7.53µg (7.17%), Vitamin E: 1.07mg (7.11%), Iron: 1.02mg (5.68%), Vitamin B3: 1.07mg (5.37%), Magnesium: 19.58mg (4.89%), Vitamin B12: 0.28µg (4.63%), Phosphorus: 45mg (4.5%), Copper: 0.08mg (4.17%), Potassium: 142.9mg (4.08%), Calcium: 40.29mg (4.03%), Vitamin B6: 0.07mg (3.73%), Zinc: 0.44mg (2.95%), Vitamin B5: 0.29mg (2.87%), Selenium: 1.8µg (2.58%), Vitamin A: 71.7IU (1.43%)