



Red, White & Blueberry Parfaits

 Gluten Free

READY IN



255 min.

SERVINGS



15

CALORIES



35 kcal

Ingredients

- 1.5 cups blueberries
- 8 oz cool whip free whipped topping divided thawed
- 0.6 oz jell-o strawberry flavor gelatin red or any other flavor sugar free
- 1 cup water boiling
- 1 cup water cold

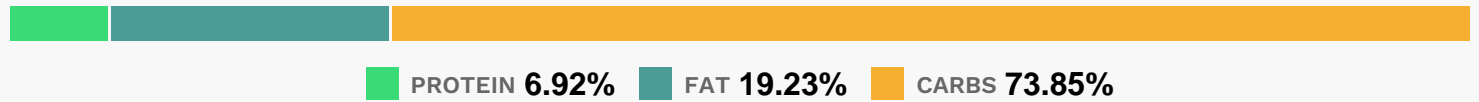
Equipment

- bowl
- frying pan

Directions

- Add boiling water to gelatin mix in medium bowl; stir 2 min. until completely dissolved. Stir in cold water.
- Pour into 13x9-inch pan.
- Refrigerate 4 hours or until firm.
- Cut gelatin into 1/2-inch cubes. Reserve 1 cup COOL WHIP for garnish.
- Layer blueberries, remaining COOL WHIP and gelatin in 8 dessert glasses. Top with reserved COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:2.67, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:1.366956519044%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 35.28kcal (1.76%), Fat: 0.8g (1.24%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 6.54g (2.38%), Sugar: 4.87g (5.41%), Cholesterol: 2.42mg (0.81%), Sodium: 17.9mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin B2: 0.1mg (5.89%), Vitamin B12: 0.22µg (3.73%), Vitamin K: 2.9µg (2.76%), Manganese: 0.05mg (2.49%), Vitamin B1: 0.03mg (1.86%), Calcium: 18.2mg (1.82%), Vitamin C: 1.44mg (1.74%), Fiber: 0.42g (1.66%), Phosphorus: 13.66mg (1.37%), Vitamin B6: 0.03mg (1.32%)