



Reduced-Fat Strawberry-Vanilla Shortcut

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups milk fat-free cold
- 1 oz jell-o vanilla flavor pudding fat free sugar free instant
- 10 oz round cake fat-free frozen thawed prepared cut into 12 slices
- 3 cups strawberries fresh sliced
- 2 Tbsp sugar
- 8 oz cool whip lite whipped topping divided thawed

Equipment

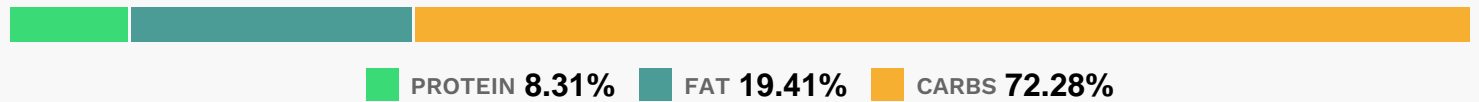
- bowl

whisk

Directions

- Toss strawberries with sugar; let stand 10 min. or until sugar is dissolved.
- Meanwhile, cut each cake slice diagonally in half.
- Place 1 cake piece on each of 12 dessert dishes.
- Beat pudding mix and milk with whisk in medium bowl 2 min. Gently stir in half the COOL WHIP.
- Spoon 2 Tbsp. strawberries over each cake piece; top with 1/4 cup pudding and second cake piece. Cover with remaining strawberries and remaining COOL WHIP.
- Serve immediately or cover and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:9.56, Glycemic Load:2.17, Inflammation Score:-2, Nutrition Score:4.006956546203%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 119.55kcal (5.98%), Fat: 2.61g (4.01%), Saturated Fat: 1.88g (11.74%), Carbohydrates: 21.87g (7.29%), Net Carbohydrates: 21.19g (7.7%), Sugar: 16.25g (18.05%), Cholesterol: 20.32mg (6.77%), Sodium: 150.98mg (6.56%),

Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.03%), Vitamin C: 16.93mg (20.53%), Manganese: 0.15mg (7.59%), Phosphorus: 70.25mg (7.02%), Calcium: 61.02mg (6.1%), Vitamin B2: 0.1mg (6.08%), Vitamin B1: 0.07mg (4.64%), Folate: 16.74µg (4.18%), Selenium: 2.71µg (3.88%), Vitamin B12: 0.22µg (3.63%), Iron: 0.65mg (3.61%), Potassium: 119.37mg (3.41%), Fiber: 0.68g (2.73%), Vitamin B3: 0.52mg (2.6%), Magnesium: 9.82mg (2.46%), Vitamin B5: 0.21mg (2.14%), Vitamin D: 0.31µg (2.05%), Vitamin B6: 0.04mg (2.03%), Vitamin A: 93.73IU (1.87%), Zinc: 0.26mg (1.75%), Copper: 0.03mg (1.4%), Vitamin E: 0.2mg (1.36%), Vitamin K: 1.16µg (1.1%)