



## Reduced Sugar Strawberry-Yogurt Bites

 Gluten Free

READY IN



190 min.

SERVINGS



10

CALORIES



35 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 18 oz strawberry nonfat yogurt light
- 8 strawberries fresh halved
- 0.3 oz jell-o strawberry flavor gelatin sugar free

### Equipment

- bowl
- microwave
- mini muffin tray

## Directions

- Mix yogurt and dry gelatin mix in 1-1/2-qt. microwaveable bowl. Microwave on HIGH 2 min.; stir. Microwave 2 to 3 min. or until gelatin is completely dissolved, stirring after each minute.
- Spoon into 16 paper-lined mini muffin pan cups. Refrigerate 1 hour or until firm.
- Remove yogurt bites from liners; top with strawberries.

## Nutrition Facts



## Properties

Glycemic Index:4, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:2.8395652304525%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 34.89kcal (1.74%), Fat: 0.12g (0.19%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 5.43g (1.81%), Net Carbohydrates: 5.23g (1.9%), Sugar: 5.12g (5.69%), Cholesterol: 1.02mg (0.34%), Sodium: 43.35mg (1.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.11%), Calcium: 103.11mg (10.31%), Phosphorus: 83.62mg (8.36%), Vitamin C: 6.1mg (7.4%), Vitamin B2: 0.12mg (7.17%), Vitamin B12: 0.31µg (5.19%), Potassium: 144.87mg (4.14%), Zinc: 0.51mg (3.39%), Vitamin B5: 0.34mg (3.39%), Selenium: 1.93µg (2.76%), Magnesium: 10.96mg (2.74%), Folate: 8.45µg (2.11%), Manganese: 0.04mg (1.99%), Vitamin B1: 0.03mg (1.79%), Vitamin B6: 0.03mg (1.58%)