



SNACK DELIGHTS Patriotic Berry Bites

 Gluten Free

READY IN



44 min.

SERVINGS



44

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup blueberries fresh
- 16 oz philadelphia snack delights chocolate white
- 2 cups raspberries fresh
- 16.5 oz able sugar cookies refrigerated

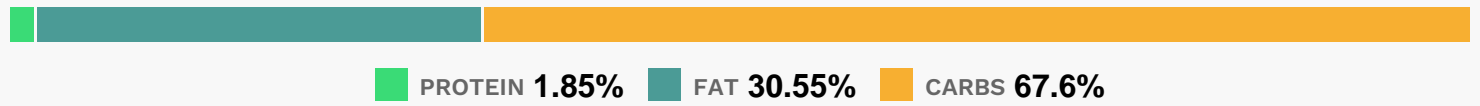
Equipment

- frying pan
- oven

Directions

- Heat oven to 350F.
- Line 13x9-inch pan with parchment, with ends of parchment extending over sides.
- Cut cookie dough into thin slices. Arrange on bottom of prepared pan; press to form crust.
- Bake 12 to 14 min. or until lightly browned. Cool.
- Use parchment handles to lift crust from pan.
- Spread crust with SNACK DELIGHTS; decorate with fruit as shown in photo.

Nutrition Facts



Properties

Glycemic Index:4.06, Glycemic Load:10.07, Inflammation Score:-1, Nutrition Score:1.33913044446951%

Flavonoids

Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg, Cyanidin: 2.78mg Petunidin: 1.08mg, Petunidin: 1.08mg, Petunidin: 1.08mg, Petunidin: 1.08mg Delphinidin: 1.26mg, Delphinidin: 1.26mg, Delphinidin: 1.26mg, Delphinidin: 1.26mg Malvidin: 2.28mg, Malvidin: 2.28mg, Malvidin: 2.28mg, Malvidin: 2.28mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 97.95kcal (4.9%), Fat: 3.61g (5.55%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 17.95g (5.98%), Net Carbohydrates: 16.95g (6.16%), Sugar: 16.49g (18.33%), Cholesterol: 0mg (0%), Sodium: 1.84mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.8mg (2.27%), Protein: 0.49g (0.98%), Manganese: 0.1mg (4.96%), Fiber: 1g (4.01%), Copper: 0.07mg (3.34%), Magnesium: 13.05mg (3.26%), Vitamin C: 1.76mg (2.13%), Iron: 0.34mg (1.87%), Vitamin B2: 0.03mg (1.78%), Phosphorus: 17.14mg (1.71%), Vitamin K: 1.72µg (1.64%), Zinc: 0.18mg (1.23%), Potassium: 40.93mg (1.17%)