



SNACK DELIGHTS White Chocolate-Blueberry Dessert

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



107 kcal

DESSERT

Ingredients

- 2 Tbsp planters almonds sliced
- 2 cup blueberries fresh
- 0.5 cup philadelphia snack delights chocolate white
- 2 tsp lemon zest divided
- 10.7 oz round cake frozen thawed cut into 8 slices

Equipment

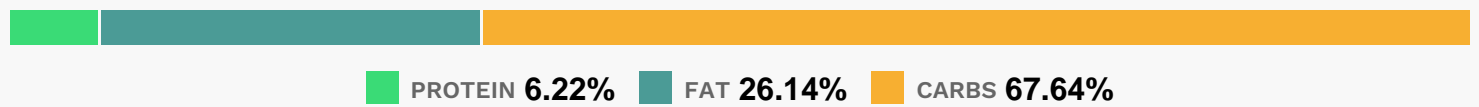
- bowl

microwave

Directions

- Microwave blueberries and lemon juice in microwaveable bowl on HIGH 1 to 2 min. or until blueberries begin to pop; stir.
- Mix SNACK DELIGHTS and lemon zest until blended.
- Spread cake slices with SNACK DELIGHTS mixture.
- Serve topped with blueberry sauce and nuts.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:2.33, Inflammation Score:-1, Nutrition Score:2.9221739056318%

Flavonoids

Cyanidin: 1.7mg, Cyanidin: 1.7mg, Cyanidin: 1.7mg, Cyanidin: 1.7mg Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg Malvidin: 13.34mg, Malvidin: 13.34mg, Malvidin: 13.34mg, Malvidin: 13.34mg Peonidin: 4mg, Peonidin: 4mg, Peonidin: 4mg, Peonidin: 4mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 107.31kcal (5.37%), Fat: 3.27g (5.03%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 19.05g (6.35%), Net Carbohydrates: 17.96g (6.53%), Sugar: 12.46g (13.84%), Cholesterol: 20.63mg (6.88%), Sodium: 127.15mg (5.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.85mg (1.28%), Protein: 1.75g (3.5%), Manganese: 0.17mg (8.4%), Vitamin B2: 0.09mg (5.41%), Iron: 0.82mg (4.54%), Phosphorus: 45.09mg (4.51%), Fiber: 1.09g (4.36%), Vitamin B1: 0.06mg (4.03%), Vitamin K: 4.22µg (4.02%), Copper: 0.07mg (3.56%), Vitamin E: 0.52mg (3.45%), Magnesium: 13.64mg (3.41%), Selenium: 2.08µg (2.97%), Folate: 11.48µg (2.87%), Vitamin B3: 0.56mg (2.81%), Vitamin C: 2.26mg (2.74%), Calcium: 20.68mg (2.07%), Potassium: 62.33mg (1.78%), Zinc: 0.26mg (1.76%), Vitamin B5: 0.13mg (1.32%), Vitamin B6: 0.03mg (1.28%)