



Snow-Capped Rocky Mountain Fruit Dessert

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



77 kcal

DESSERT

Ingredients

- 2 Tbsp brown sugar
- 1 cup knudsen cream sour
- 0.8 cup baker's angel flake coconut divided
- 4 cups fruit fresh chopped (kiwi, peaches and strawberries)

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350F.
- Spread 1/4 cup of the coconut into shallow baking pan.
- Bake 7 to 10 min. or until lightly browned, stirring frequently. Cool.
- Combine sour cream and sugar in medium bowl. Gently stir in remaining 1/2 cup coconut.
- Spoon fruit evenly into 8 dessert dishes. Top with the sour cream mixture; sprinkle with the toasted coconut.

Nutrition Facts

PROTEIN 4.56% **FAT 64.7%** **CARBS 30.74%**

Properties

Glycemic Index:2.67, Glycemic Load:0.87, Inflammation Score:-2, Nutrition Score:3.5095652600993%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.54mg, Pelargonidin: 9.54mg, Pelargonidin: 9.54mg, Pelargonidin: 9.54mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 76.78kcal (3.84%), Fat: 5.83g (8.97%), Saturated Fat: 3.99g (24.91%), Carbohydrates: 6.23g (2.08%), Net Carbohydrates: 4.77g (1.74%), Sugar: 4.26g (4.74%), Cholesterol: 9.05mg (3.02%), Sodium: 7.16mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.85%), Vitamin C: 22.78mg (27.61%), Manganese: 0.27mg (13.38%), Fiber: 1.46g (5.84%), Phosphorus: 29.69mg (2.97%), Potassium: 103.12mg (2.95%), Copper: 0.06mg (2.79%), Folate: 10.53µg (2.63%), Magnesium: 10.49mg (2.62%), Calcium: 24.06mg (2.41%), Vitamin B2: 0.04mg (2.26%), Selenium: 1.53µg (2.18%), Vitamin A: 100.13IU (2%), Vitamin B6: 0.04mg (1.89%), Iron: 0.32mg (1.78%),

Vitamin B5: 0.14mg (1.36%), Zinc: 0.19mg (1.27%), Vitamin E: 0.19mg (1.26%), Vitamin K: 1.09µg (1.04%)