



Strawberry Banana Dessert

 Dairy Free

READY IN



15 min.

SERVINGS



16

CALORIES



101 kcal

Ingredients

- 3 medium banana firm sliced
- 8 ounces angel food cake prepared cut into 1-inch cubes
- 1 pint strawberries fresh halved
- 0.6 ounce strawberry gelatin sugar-free
- 2 cups water boiling
- 1.5 cups water cold
- 8 ounces non-dairy whipped topping thawed reduced-fat

Equipment

- bowl

Directions

- Layer banana slices and cake cubes in a 13-in. x 9-in. dish coated with cooking spray.
- Place strawberries over cake and press down gently.
- In a small bowl, dissolve gelatin in boiling water; stir in cold water.
- Pour over strawberries. Refrigerate for 3 hours or until set. Frost with whipped topping.

Nutrition Facts



Properties

Glycemic Index:5.92, Glycemic Load:3.12, Inflammation Score:-2, Nutrition Score:3.5843478130258%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg 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: 7.35mg, Pelargonidin: 7.35mg, Pelargonidin: 7.35mg, Pelargonidin: 7.35mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg, Catechin: 2.27mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg 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: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 101.39kcal (5.07%), Fat: 2.06g (3.17%), Saturated Fat: 1.64g (10.23%), Carbohydrates: 19.94g (6.65%), Net Carbohydrates: 18.75g (6.82%), Sugar: 12.73g (14.14%), Cholesterol: 0.28mg (0.09%), Sodium: 90.7mg (3.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.62%), Vitamin C: 19.31mg (23.41%), Manganese: 0.18mg (9.15%), Phosphorus: 56.84mg (5.68%), Vitamin B6: 0.1mg (4.93%), Fiber: 1.2g (4.78%), Potassium: 157.98mg (4.51%), Selenium: 2.92µg (4.17%), Vitamin B2: 0.06mg (3.63%), Folate: 13.82µg (3.46%), Magnesium: 12.48mg (3.12%), Calcium: 29.39mg (2.94%), Copper: 0.05mg (2.6%), Vitamin B1: 0.03mg (1.82%), Vitamin B3: 0.3mg (1.49%), Vitamin B5: 0.13mg (1.27%), Iron: 0.23mg (1.26%), Vitamin E: 0.18mg (1.2%), Vitamin K: 1.23µg (1.17%)