



Strawberry Napoleons

READY IN



90 min.

SERVINGS



30

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup milk fat-free
- 1 cup polly-o free natural nonfat ricotta cheese
- 1 env. knox gelatine unflavored
- 18 graham crackers (36 squares)
- 1 tsp lemon zest grated
- 1 cup vanilla yogurt low-fat
- 0.5 cup strawberries chopped
- 0.3 cup sugar

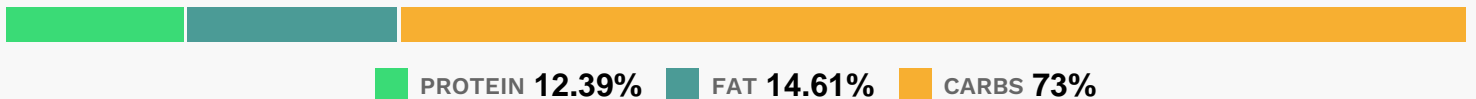
Equipment

- bowl
- sauce pan
- blender

Directions

- Sprinkle gelatine over milk in small saucepan; let stand 1 min. Cook on low heat 3 min. or until gelatine is completely dissolved, stirring constantly.
- Add sugar; stir until dissolved. Cool slightly.
- Place yogurt, ricotta cheese and lemon zest in blender; cover. Blend until smooth. Gradually add gelatine mixture, blending well after each addition.
- Pour into medium bowl; cover. Refrigerate 30 min. or until slightly thickened.
- Stir in strawberries. Refrigerate an additional 30 min. or until mixture is of mounding consistency. Top each of 12 graham squares with 2 Tbsp. of the strawberry mixture; cover each with a second graham square. Repeat layers once. Refrigerate until ready to serve. Store leftover desserts in refrigerator.

Nutrition Facts



Properties

Glycemic Index:7.24, Glycemic Load:6.2, Inflammation Score:-1, Nutrition Score:1.2708695689621%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.6mg, Pelargonidin: 0.6mg, Pelargonidin: 0.6mg, Pelargonidin: 0.6mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 59.97kcal (3%), Fat: 0.96g (1.48%), Saturated Fat: 0.2g (1.25%), Carbohydrates: 10.79g (3.6%), Net Carbohydrates: 10.45g (3.8%), Sugar: 5.87g (6.52%), Cholesterol: 1.84mg (0.61%), Sodium: 71.15mg (3.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.66%), Calcium: 39.62mg (3.96%), Phosphorus: 32.96mg (3.3%), Vitamin B2: 0.04mg (2.53%), Iron: 0.36mg (2.02%), Vitamin C: 1.56mg (1.89%), Magnesium: 7.08mg (1.77%), Vitamin B1: 0.03mg (1.7%), Vitamin B3: 0.34mg (1.7%), Zinc: 0.25mg (1.69%), Folate: 5.44µg (1.36%), Fiber: 0.34g (1.36%), Potassium: 43.4mg (1.24%), Vitamin B12: 0.07µg (1.12%)