



Strawberry Nibbles

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



28 kcal

SIDE DISH

Ingredients

- 2 strawberries fresh halved
- 4 vanilla wafers reduced-fat
- 2 Tbsp cool whip lite whipped topping thawed

Equipment

Directions

- Place wafers on small dessert plate.

Top with COOL WHIP and berries.

Serve immediately.

Nutrition Facts

PROTEIN 3.96% **FAT 34.78%** **CARBS 61.26%**

Properties

Glycemic Index:23.4, Glycemic Load:2.76, Inflammation Score:-1, Nutrition Score:0.50217391858282%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 1.19mg, Pelargonidin: 1.19mg, Pelargonidin: 1.19mg, Pelargonidin: 1.19mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 27.74kcal (1.39%), Fat: 1.09g (1.67%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 4.14g (1.51%), Sugar: 2.18g (2.42%), Cholesterol: 0.08mg (0.03%), Sodium: 20.64mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.28g (0.56%), Vitamin C: 2.82mg (3.42%), Vitamin B1: 0.02mg (1.44%), Folate: 5.43µg (1.36%)