



Strawberry Vanilla Shortcut

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3.4 oz jell-o vanilla flavor pudding instant
- 1.5 cups milk cold
- 12 oz round cake prepared cut into 12 slices
- 3 cups strawberries fresh sliced
- 2 Tbsp sugar
- 8 oz cool whip whipped topping divided thawed

Equipment

- whisk

Directions

- Toss berries with sugar; let stand 10 min. or until sugar is dissolved. Meanwhile, cut each cake slice diagonally in half; place 1 cake piece on each of 12 dessert plates.
- Beat pudding mix and milk with whisk 2 min. Stir in 1/2 the COOL WHIP.
- Spoon 2 Tbsp. berries over each cake piece on plate. Top with pudding mixture and remaining cake pieces, berries and COOL WHIP.

Nutrition Facts

PROTEIN 6.92% **FAT 20.19%** **CARBS 72.89%**

Properties

Glycemic Index:9.87, Glycemic Load:2.2, Inflammation Score:-2, Nutrition Score:4.2239130683567%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg 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: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 154.01kcal (7.7%), Fat: 3.49g (5.37%), Saturated Fat: 2.35g (14.71%), Carbohydrates: 28.36g (9.45%), Net Carbohydrates: 27.63g (10.05%), Sugar: 21.17g (23.52%), Cholesterol: 26.36mg (8.79%), Sodium: 202.56mg (8.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin C: 16.93mg (20.53%), Manganese: 0.16mg (8.02%), Phosphorus: 73.94mg (7.39%), Vitamin B2: 0.12mg (6.81%), Calcium: 61.57mg (6.16%), Vitamin B1: 0.08mg (5.25%), Folate: 18.02µg (4.51%), Selenium: 3.07µg (4.39%), Iron: 0.76mg (4.2%), Vitamin B12: 0.22µg (3.61%), Potassium: 119.7mg (3.42%), Vitamin B3: 0.59mg (2.95%), Fiber: 0.73g (2.91%), Magnesium: 10.23mg (2.56%), Vitamin B5: 0.24mg (2.35%), Vitamin B6: 0.04mg (2.16%), Vitamin D: 0.31µg (2.09%), Zinc: 0.27mg (1.82%),

Vitamin A: 89.1IU (1.78%), Copper: 0.03mg (1.56%), Vitamin E: 0.23mg (1.5%), Vitamin K: 1.24µg (1.18%)