



## Triple-Strawberry Dessert

READY IN



135 min.

SERVINGS



9

CALORIES



116 kcal

### Ingredients

- 0.3 cup butter melted
- 3 cups corn flakes/bran flakes kix®
- 1 box strawberries wild strawberry-flavored (4-serving size)
- 1.5 cups strawberries fresh sliced
- 9 strawberries fresh sliced into fans
- 0.7 cup vanilla yogurt fat free 99% yoplait® (from 2-lb container)
- 1 cup water boiling

### Equipment

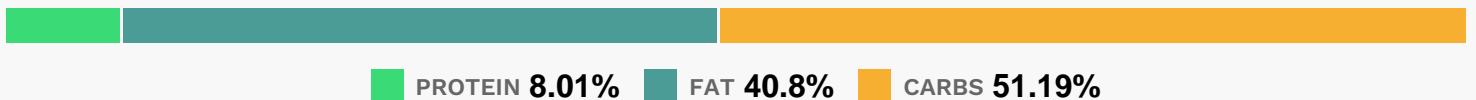
- bowl

- frying pan
- oven
- hand mixer
- ziploc bags
- rolling pin

## Directions

- In medium bowl, pour boiling water on gelatin; stir until gelatin is dissolved. Stir in yogurt until melted and smooth. Cover; refrigerate about 1 hour 30 minutes or until thickened but not set.
- Meanwhile, heat oven to 350F.
- Place cereal in food-storage plastic bag; crush with rolling pin to make 1 cup. In small bowl, stir cereal and butter until well mixed. Press mixture firmly in bottom of ungreased 8-inch square pan.
- Bake 10 minutes or until crust is light golden brown. Set aside to cool.
- Beat gelatin mixture with electric mixer on high speed 7 to 8 minutes or until doubled in volume. Fold in sliced strawberries; pour over crust. Cover; refrigerate about 1 hour or until firm.
- To serve, cut dessert into squares.
- Garnish each serving with strawberry fan.

## Nutrition Facts



## Properties

Glycemic Index:21.36, Glycemic Load:6.81, Inflammation Score:-7, Nutrition Score:10.896956493025%

## Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.97mg, Pelargonidin: 8.97mg, Pelargonidin: 8.97mg, Pelargonidin: 8.97mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate:

0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg  
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## **Nutrients (% of daily need)**

Calories: 116.05kcal (5.8%), Fat: 5.69g (8.76%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 16.07g (5.36%), Net  
Carbohydrates: 12.91g (4.69%), Sugar: 6.75g (7.5%), Cholesterol: 0.91mg (0.3%), Sodium: 145.11mg (6.31%), Alcohol:  
0g (100%), Alcohol %: 0% (100%), Protein: 2.51g (5.03%), Manganese: 0.62mg (30.79%), Vitamin C: 21.39mg  
(25.93%), Folate: 99.66µg (24.91%), Iron: 3.89mg (21.63%), Vitamin B2: 0.23mg (13.73%), Vitamin B12: 0.77µg  
(12.82%), Vitamin B1: 0.19mg (12.68%), Fiber: 3.16g (12.65%), Vitamin B6: 0.25mg (12.62%), Vitamin B3: 2.39mg  
(11.93%), Selenium: 8.03µg (11.48%), Vitamin A: 571.02IU (11.42%), Magnesium: 38.58mg (9.65%), Phosphorus:  
94.48mg (9.45%), Zinc: 0.87mg (5.8%), Potassium: 168.71mg (4.82%), Calcium: 45.36mg (4.54%), Copper: 0.09mg  
(4.53%), Vitamin D: 0.44µg (2.93%), Vitamin E: 0.41mg (2.71%), Vitamin B5: 0.27mg (2.66%)