



Annie's Strawberry Dessert

READY IN



515 min.

SERVINGS



16

CALORIES



390 kcal

DESSERT

Ingredients

- ☐ 1 cup butter softened
- ☐ 2.5 cups confectioners' sugar
- ☐ 8 ounce cream cheese softened
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup pecans chopped
- ☐ 1.5 quarts strawberries fresh halved
- ☐ 12 ounce non-dairy whipped topping frozen thawed

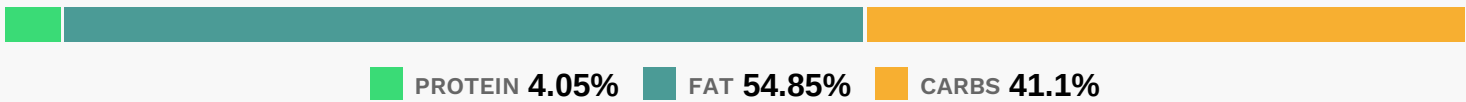
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Mix the butter, flour, and pecans in a bowl, and press into a 9x13 inch baking dish.
- ☐ Bake 10 to 15 minutes; do not allow to brown. Set aside until completely cool.
- ☐ In a bowl, mix the cream cheese and confectioners' sugar until smooth. Blend in the whipped topping.
- ☐ Spread over the cooled crust. Refrigerate 8 hours, or overnight.
- ☐ Top with strawberries and drizzle with glaze to serve.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:8.73, Inflammation Score:-6, Nutrition Score:10.083478341932%

Flavonoids

Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 22.05mg, Pelargonidin: 22.05mg, Pelargonidin: 22.05mg, Pelargonidin: 22.05mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg, Epicatechin: 0.43mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 390.02kcal (19.5%), Fat: 24.45g (37.62%), Saturated Fat: 13.01g (81.32%), Carbohydrates: 41.22g (13.74%), Net Carbohydrates: 38.48g (13.99%), Sugar: 28.54g (31.71%), Cholesterol: 45.24mg (15.08%), Sodium: 152.54mg (6.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.06g (8.12%), Vitamin C: 52.24mg (63.32%), Manganese: 0.73mg (36.56%), Folate: 46.58µg (11.64%), Vitamin A: 575.11IU (11.5%), Vitamin B1: 0.17mg (11.1%), Fiber: 2.74g (10.98%), Selenium: 6.57µg (9.39%), Phosphorus: 87.13mg (8.71%), Vitamin B2: 0.15mg (8.61%), Copper: 0.15mg (7.36%), Magnesium: 25.4mg (6.35%), Potassium: 220.18mg (6.29%), Iron: 1.13mg (6.28%), Vitamin E: 0.92mg (6.11%), Vitamin B3: 1.15mg (5.77%), Calcium: 53.16mg (5.32%), Zinc: 0.62mg (4.14%), Vitamin K: 4.2µg (4%), Vitamin B6: 0.07mg (3.69%), Vitamin B5: 0.32mg (3.17%), Vitamin B12: 0.1µg (1.63%)