



Berried Delight

READY IN



270 min.

SERVINGS



20

CALORIES



203 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 tablespoons butter melted
- 8 ounce philadelphia cream cheese softened
- 1.5 cups honey maid graham cracker crumbs
- 2 pkg jell-o vanilla flavor pudding instant (4 serving size)
- 3.5 cups milk cold
- 4 cups strawberries hulled halved
- 0.3 cup sugar
- 8 ounce cool whip whipped topping divided thawed

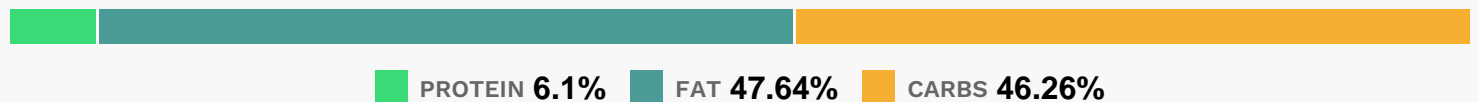
Equipment

- bowl
- frying pan
- whisk

Directions

- Mix crumbs, sugar and butter in 13x9-inch pan; press onto bottom of pan. Refrigerate 15 min.
- Beat cream cheese and 2 Tbsp. milk in large bowl with wire whisk until well blended. Gently stir in half of the whipped topping.
- Spread onto crust; top with strawberries.
- Pour 3-1/2 cups milk into large bowl.
- Add dry pudding mixes. Beat 2 min.
- Pour over strawberries.
- Refrigerate 4 hours or until set.
- Spread with remaining whipped topping just before serving. Store leftovers in refrigerator.

Nutrition Facts



Properties

Glycemic Index:12.45, Glycemic Load:6.72, Inflammation Score:-4, Nutrition Score:4.5100000267443%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, 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 Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 202.85kcal (10.14%), Fat: 10.9g (16.76%), Saturated Fat: 5.18g (32.37%), Carbohydrates: 23.81g (7.94%), Net Carbohydrates: 22.96g (8.35%), Sugar: 18.13g (20.14%), Cholesterol: 16.8mg (5.6%), Sodium: 202.39mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Vitamin C: 16.94mg (20.54%), Phosphorus: 84.45mg (8.44%), Calcium: 82.92mg (8.29%), Vitamin A: 383.55IU (7.67%), Vitamin B2: 0.12mg (7.06%), Manganese: 0.12mg (5.75%), Vitamin B12: 0.28µg (4.71%), Potassium: 149.42mg (4.27%), Magnesium: 14.53mg (3.63%), Fiber: 0.85g (3.39%), Vitamin B1: 0.05mg (3.37%), Selenium: 2.28µg (3.25%), Vitamin D: 0.47µg (3.13%), Folate: 11.21µg (2.8%), Vitamin B6: 0.05mg (2.74%), Zinc: 0.41mg (2.72%), Vitamin B5: 0.26mg (2.63%), Vitamin E: 0.39mg (2.6%), Iron: 0.41mg (2.28%), Vitamin B3: 0.42mg (2.08%), Vitamin K: 1.36µg (1.3%), Copper: 0.02mg (1.08%)