

Blueberry Chill

READY IN



135 min.

SERVINGS



8

CALORIES



447 kcal

SIDE DISH

Ingredients

- 21 ounce blueberry filling canned
- 0.5 cup powdered sugar
- 8 ounce cream cheese softened
- 1 cup cup heavy whipping cream
- 24 vanilla wafers crushed

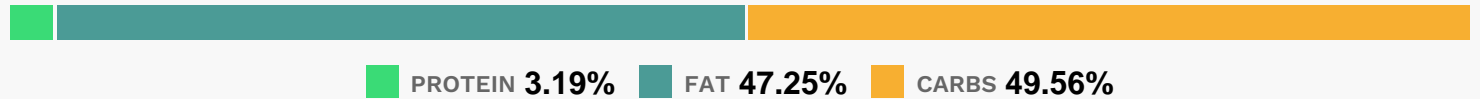
Equipment

- bowl
- baking pan

Directions

- Spread the crushed vanilla wafers evenly into the bottom of a square baking dish. Beat the cream cheese, heavy cream, and confectioners' sugar in a bowl until smooth; spread in a layer over the vanilla wafers.
- Spread the blueberry pie filling over the cream cheese layer. Freeze at least 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:10.36, Inflammation Score:-5, Nutrition Score:5.054347862368%

Nutrients (% of daily need)

Calories: 447.4kcal (22.37%), Fat: 23.77g (36.57%), Saturated Fat: 13.6g (84.97%), Carbohydrates: 56.09g (18.7%), Net Carbohydrates: 53.91g (19.6%), Sugar: 43.09g (47.87%), Cholesterol: 62.43mg (20.81%), Sodium: 178.49mg (7.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.61g (7.23%), Vitamin A: 834.43IU (16.69%), Vitamin B2: 0.19mg (11.13%), Fiber: 2.19g (8.75%), Manganese: 0.16mg (8.19%), Vitamin B1: 0.11mg (7.01%), Calcium: 67.3mg (6.73%), Phosphorus: 64.08mg (6.41%), Selenium: 3.67µg (5.25%), Folate: 20.33µg (5.08%), Potassium: 166.53mg (4.76%), Copper: 0.09mg (4.61%), Vitamin E: 0.69mg (4.59%), Vitamin K: 4.45µg (4.24%), Iron: 0.66mg (3.67%), Vitamin D: 0.48µg (3.17%), Vitamin B5: 0.31mg (3.06%), Magnesium: 12.08mg (3.02%), Vitamin B3: 0.58mg (2.9%), Vitamin B6: 0.05mg (2.39%), Zinc: 0.29mg (1.92%), Vitamin B12: 0.11µg (1.83%)