



Chewy Chocolate Cherry Squares

READY IN



230 min.

SERVINGS



16

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp butter melted
- 2 pkg jell-o cherry flavor gelatin (4-serving size each)
- 0.5 cup plus light
- 0.7 cup maraschino cherries drained chopped
- 1.5 cups oreo cookies divided crushed (18 cookies)
- 1 cup water boiling
- 2 cups cool whip whipped topping thawed

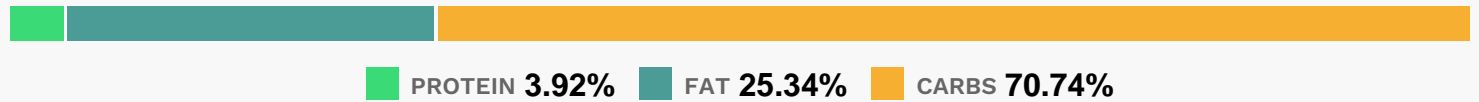
Equipment

- bowl
- frying pan

Directions

- Mix 1 cup of the crushed cookies and the butter; press firmly onto bottom of 9-inch square pan. Set remaining crushed cookies aside for later use.
- Stir boiling water into dry gelatin in medium bowl at least 2 minutes until completely dissolved.
- Add cherries and corn syrup; stir until well blended. Refrigerate 30 minutes or until slightly thickened.
- Pour over crust.
- Refrigerate 3 hours or until firm.
- Spread with whipped topping just before serving; sprinkle with the remaining crushed cookies.
- Cut into 16 squares to serve. Store leftover dessert in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.19, Glycemic Load:1.55, Inflammation Score:-1, Nutrition Score:2.4165217371091%

Nutrients (% of daily need)

Calories: 190.09kcal (9.5%), Fat: 5.54g (8.53%), Saturated Fat: 2.2g (13.77%), Carbohydrates: 34.82g (11.61%), Net Carbohydrates: 34.07g (12.39%), Sugar: 29.47g (32.74%), Cholesterol: 0.19mg (0.06%), Sodium: 138.71mg (6.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.93g (3.86%), Iron: 1.88mg (10.45%), Manganese: 0.1mg (5.2%), Vitamin K: 4.56µg (4.34%), Copper: 0.08mg (4%), Phosphorus: 36.57mg (3.66%), Vitamin E: 0.48mg (3.18%), Fiber: 0.75g (3%), Vitamin B2: 0.05mg (2.89%), Selenium: 1.81µg (2.59%), Vitamin B1: 0.04mg (2.55%), Folate: 9.77µg (2.44%), Magnesium: 8.62mg (2.15%), Vitamin B3: 0.4mg (2.01%), Calcium: 17.8mg (1.78%), Vitamin A: 74.27IU (1.49%), Potassium: 48.22mg (1.38%), Zinc: 0.2mg (1.3%)