



## Chilled Lemonade Dessert

 Gluten Free

READY IN



375 min.

SERVINGS



14

CALORIES



163 kcal

BEVERAGE

DRINK

## Ingredients

- 8 oz philadelphia cream cheese softened
- 2 pkg jell-o lemon flavor gelatin (4-serving size each)
- 6 oz lemonade concentrate frozen thawed canned
- 3 cups water boiling
- 8 oz cool whip whipped topping thawed

## Equipment

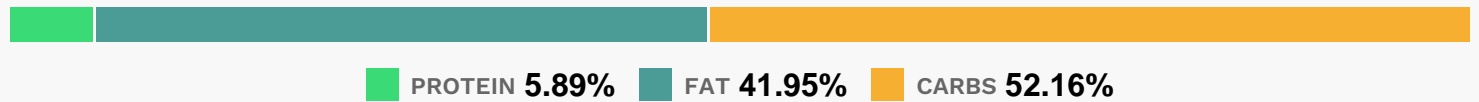
- bowl
- whisk

hand mixer

## Directions

- Stir boiling water into dry gelatin mixes in large bowl at least 2 min. until completely dissolved; set aside. Beat cream cheese and lemonade concentrate in large bowl with electric mixer on low speed until well blended.
- Add gelatin; mix well. Refrigerate 2 hours or until thickened (spoon drawn through leaves definite impression).
- Add whipped topping; stir with wire whisk until well blended.
- Pour into serving bowl.
- Refrigerate 4 hours or until firm.
- Garnish with berries and lemon slices just before serving, if desired. Store leftover dessert in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:1.93, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:1.4626086937345%

## Nutrients (% of daily need)

Calories: 163.06kcal (8.15%), Fat: 7.78g (11.97%), Saturated Fat: 5.11g (31.91%), Carbohydrates: 21.77g (7.26%), Net Carbohydrates: 21.73g (7.9%), Sugar: 20.29g (22.54%), Cholesterol: 16.69mg (5.56%), Sodium: 122.5mg (5.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.91%), Phosphorus: 47.29mg (4.73%), Vitamin A: 229.55IU (4.59%), Selenium: 2.64µg (3.78%), Vitamin B2: 0.06mg (3.34%), Calcium: 29.95mg (3%), Vitamin C: 1.59mg (1.93%), Vitamin E: 0.23mg (1.54%), Copper: 0.03mg (1.43%), Potassium: 47.34mg (1.35%), Vitamin B12: 0.07µg (1.13%), Vitamin B5: 0.11mg (1.08%), Magnesium: 4.19mg (1.05%)