



# Chocolate and Strawberries From Heaven

READY IN

ready

31 min.

SERVINGS

servings

16

CALORIES

calories

655 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.5 cup butter softened
- ☐ 8 ounce cream cheese softened
- ☐ 2 cups milk
- ☐ 1 cup powdered sugar sifted
- ☐ 32 ounce strawberries fresh
- ☐ 10 ounce almond toffee bits
- ☐ 36 ounce double cream-filled chocolate sandwich cookies
- ☐ 6.8 ounce vanilla pudding mix french instant
- ☐ 12 ounce non-dairy whipped topping frozen thawed

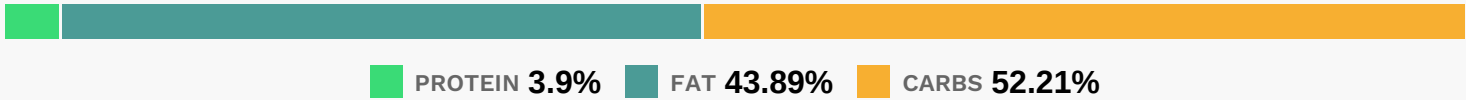
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ hand mixer
- ☐ rolling pin

## Directions

- ☐ Process cookies from 1 package in food processor until finely crushed.
- ☐ Place remaining cookies in a large zip-top freezer bag; coarsely crush with a rolling pin. Set aside.
- ☐ Beat cream cheese and butter at medium speed with an electric mixer until creamy. Reduce speed to low; gradually add powdered sugar, beating until smooth.
- ☐ In a separate bowl, whisk together milk and pudding mix for 2 minutes. Stir pudding mixture into cream cheese mixture. Stir in coarsely crushed cookies and toffee bits. Fold in half of whipped topping; fold in remaining topping. Cover and chill.
- ☐ Spread one-third of finely crushed cookie crumbs in a 4-quart trifle dish.
- ☐ Layer one-third of strawberries, stemmed side down, over crumbs. Carefully spoon half of pudding mixture over strawberries. Repeat layers with one-third of crumbs, one-third of strawberries, and remaining half of pudding mixture. Top with remaining crumbs and strawberries. Cover and chill at least 3 hours. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:9.75, Glycemic Load:7.89, Inflammation Score:-7, Nutrition Score:13.773043528847%

## Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin:

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Nutrients (% of daily need)

Calories: 654.72kcal (32.74%), Fat: 32.55g (50.08%), Saturated Fat: 14.28g (89.28%), Carbohydrates: 87.15g (29.05%), Net Carbohydrates: 84.09g (30.58%), Sugar: 63.89g (70.99%), Cholesterol: 36.83mg (12.28%), Sodium: 486.94mg (21.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.19mg (1.06%), Protein: 6.5g (13.01%), Iron: 8.01mg (44.48%), Vitamin C: 33.39mg (40.47%), Manganese: 0.66mg (32.79%), Vitamin K: 20.29µg (19.32%), Vitamin B2: 0.28mg (16.22%), Vitamin E: 2.37mg (15.8%), Vitamin A: 721.45IU (14.43%), Phosphorus: 142.18mg (14.22%), Folate: 54.86µg (13.71%), Copper: 0.25mg (12.44%), Fiber: 3.06g (12.22%), Magnesium: 44.7mg (11.17%), Vitamin B1: 0.17mg (11.07%), Calcium: 97.66mg (9.77%), Vitamin B3: 1.95mg (9.75%), Potassium: 336.52mg (9.61%), Selenium: 6.15µg (8.78%), Zinc: 0.79mg (5.29%), Vitamin B5: 0.49mg (4.86%), Vitamin B12: 0.26µg (4.42%), Vitamin B6: 0.07mg (3.72%), Vitamin D: 0.34µg (2.24%)