



Cool Strawberry Cream

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



262 kcal

SIDE DISH

Ingredients

- 16 ounces cream cheese softened
- 0.8 cup sugar
- 0.5 cup cream sour
- 3 cups strawberries fresh mashed
- 1 cup non-dairy whipped topping
- 12 ounces blueberries unsweetened frozen
- 0.3 cup sugar
- 0.3 cup water

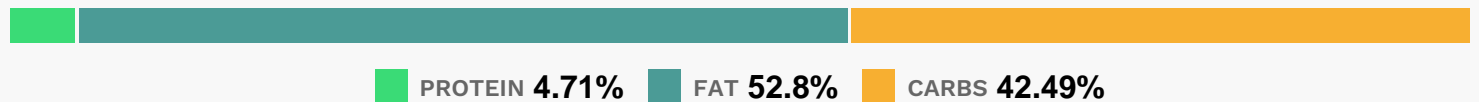
Equipment

- bowl
- frying pan
- sauce pan
- blender
- loaf pan
- aluminum foil
- serrated knife

Directions

- Line a 9x5-in. loaf pan with a double thickness of foil. In a large bowl, beat the cream cheese, sugar and sour cream until smooth. Fold in strawberries and whipped topping.
- Pour into prepared pan. Cover and freeze for several hours or overnight.
- In a small saucepan, bring the blueberries, sugar and water to a boil; cook and stir for 3 minutes. Cool slightly.
- Transfer to a blender; cover and process until pureed. Refrigerate until chilled.
- Remove dessert from the freezer 15–20 minutes before serving. Use foil to lift out of pan; remove foil.
- Cut dessert into slices with a serrated knife.
- Serve with blueberry sauce.

Nutrition Facts



Properties

Glycemic Index:20.6, Glycemic Load:15.36, Inflammation Score:-5, Nutrition Score:5.3965217548868%

Flavonoids

Cyanidin: 3mg, Cyanidin: 3mg, Cyanidin: 3mg, Cyanidin: 3mg Petunidin: 8.98mg, Petunidin: 8.98mg, Petunidin: 8.98mg, Petunidin: 8.98mg Delphinidin: 10.16mg, Delphinidin: 10.16mg, Delphinidin: 10.16mg, Delphinidin: 10.16mg

Malvidin: 19.17mg, Malvidin: 19.17mg, Malvidin: 19.17mg, Malvidin: 19.17mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 5.77mg, Peonidin: 5.77mg, Peonidin: 5.77mg, Peonidin: 5.77mg Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg, Catechin: 2.62mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 262.47kcal (13.12%), Fat: 15.94g (24.52%), Saturated Fat: 9.32g (58.27%), Carbohydrates: 28.86g (9.62%), Net Carbohydrates: 27.46g (9.99%), Sugar: 25.83g (28.7%), Cholesterol: 43.96mg (14.65%), Sodium: 127.23mg (5.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.39%), Vitamin C: 24mg (29.1%), Manganese: 0.24mg (12.01%), Vitamin A: 591.6IU (11.83%), Vitamin B2: 0.13mg (7.74%), Vitamin K: 7.4µg (7.05%), Phosphorus: 64.4mg (6.44%), Calcium: 58.57mg (5.86%), Selenium: 4.04µg (5.77%), Fiber: 1.4g (5.6%), Vitamin E: 0.66mg (4.39%), Potassium: 145.46mg (4.16%), Folate: 14.51µg (3.63%), Vitamin B5: 0.33mg (3.28%), Vitamin B6: 0.06mg (2.9%), Magnesium: 11.23mg (2.81%), Copper: 0.04mg (2.23%), Zinc: 0.32mg (2.17%), Vitamin B1: 0.03mg (2.07%), Vitamin B12: 0.12µg (1.93%), Iron: 0.29mg (1.61%), Vitamin B3: 0.31mg (1.54%)