



Creamy Layered Lemon Squares

READY IN



270 min.

SERVINGS



30

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter melted
- 8 oz philadelphia cream cheese softened (12 oz.)
- 2 cups graham cracker crumbs
- 2 cups ice cubes
- 6 oz jell-o lemon flavor gelatin
- 3 cups strawberries fresh divided sliced
- 0.5 cup sugar divided
- 1.5 cups water boiling
- 8 oz cool whip whipped topping divided thawed

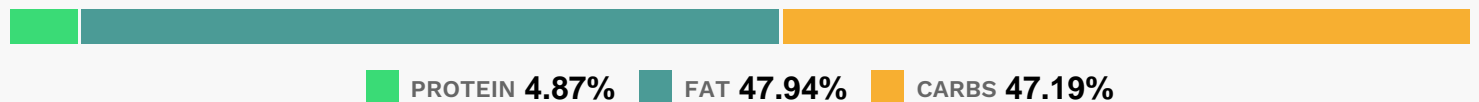
Equipment

- bowl
- whisk
- blender

Directions

- Combine graham crumbs, 1/4 cup sugar and butter; press onto bottom of 13x9-inch dish.
- Beat cream cheese and remaining sugar in medium bowl with mixer until blended.
- Whisk in 1-1/2 cups COOL WHIP; spread over crust. Top with 2 cups strawberries. Refrigerate until ready to use.
- Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved.
- Add ice cubes; stir until melted. Refrigerate 5 min. or until gelatin is thickened.
- Whisk in remaining COOL WHIP; spread over strawberry layer in dish.
- Refrigerate 4 hours or until firm.
- Serve topped with remaining strawberries.

Nutrition Facts



Properties

Glycemic Index:7.04, Glycemic Load:5.78, Inflammation Score:-2, Nutrition Score:2.0295652488004%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 133.38kcal (6.67%), Fat: 7.25g (11.15%), Saturated Fat: 3.1g (19.39%), Carbohydrates: 16.06g (5.35%), Net Carbohydrates: 15.58g (5.67%), Sugar: 12.27g (13.63%), Cholesterol: 7.79mg (2.6%), Sodium: 129.74mg (5.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.31%), Vitamin C: 8.47mg (10.27%), Vitamin A: 244.18IU (4.88%), Phosphorus: 37.32mg (3.73%), Manganese: 0.06mg (2.86%), Vitamin B2: 0.05mg (2.66%), Calcium: 21.6mg (2.16%), Fiber: 0.48g (1.91%), Selenium: 1.29µg (1.84%), Folate: 7.15µg (1.79%), Vitamin E: 0.26mg (1.75%), Iron: 0.32mg (1.75%), Magnesium: 6.89mg (1.72%), Potassium: 51.61mg (1.47%), Vitamin B3: 0.28mg (1.42%), Vitamin B1: 0.02mg (1.33%), Zinc: 0.18mg (1.19%), Copper: 0.02mg (1.1%)