



Creamy Layered Peach Squares

READY IN



270 min.

SERVINGS



20

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter melted
- 8 oz philadelphia cream cheese softened
- 2 cups graham cracker crumbs
- 2 cups ice cubes
- 1.3 lb peaches fresh peeled sliced
- 6 oz jell-o raspberry flavor gelatin
- 0.5 cup sugar divided
- 1.5 cups water boiling
- 8 oz cool whip whipped topping divided thawed

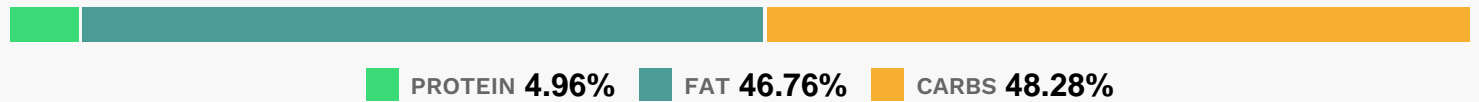
Equipment

- bowl
- frying pan
- whisk

Directions

- Mix graham crumbs, 1/4 cup sugar and butter in 13x9-inch pan; press onto bottom of pan.
- Beat cream cheese and remaining sugar in medium bowl until blended.
- Whisk in 1-1/2 cups COOL WHIP; spread over crust. Top with peaches. 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 thickened.
- Whisk in remaining COOL WHIP; spread over peaches. Refrigerate 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:10.57, Glycemic Load:9.17, Inflammation Score:-3, Nutrition Score:2.4960869187894%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 205.07kcal (10.25%), Fat: 10.89g (16.75%), Saturated Fat: 4.66g (29.1%), Carbohydrates: 25.29g (8.43%), Net Carbohydrates: 24.58g (8.94%), Sugar: 19.72g (21.91%), Cholesterol: 11.68mg (3.89%), Sodium: 198.08mg (8.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.19%), Vitamin A: 456.1IU (9.12%), Phosphorus: 57.03mg (5.7%), Vitamin B2: 0.07mg (4.22%), Vitamin E: 0.54mg (3.58%), Selenium: 2.44µg (3.49%), Calcium:

30.07mg (3.01%), Vitamin B3: 0.57mg (2.85%), Fiber: 0.71g (2.84%), Iron: 0.48mg (2.67%), Magnesium: 9.79mg (2.45%), Potassium: 78.96mg (2.26%), Copper: 0.04mg (2.24%), Vitamin B1: 0.03mg (2.11%), Zinc: 0.3mg (2.01%), Folate: 7.24µg (1.81%), Vitamin C: 1.17mg (1.42%), Vitamin K: 1.45µg (1.38%), Vitamin B6: 0.02mg (1.24%), Vitamin B5: 0.11mg (1.14%)