



## Double Strawberry Bars

READY IN



190 min.

SERVINGS



10

CALORIES



171 kcal

SIDE DISH

### Ingredients

- 4 oz philadelphia neufchatel cheese softened ()
- 1 pkg jell-o strawberry flavor gelatin sugar free (4-serving size)
- 16 chewy strawberry-filled cookies
- 0.8 cup water boiling
- 0.8 cup water cold
- 1 cup cool whip lite whipped topping thawed

### Equipment

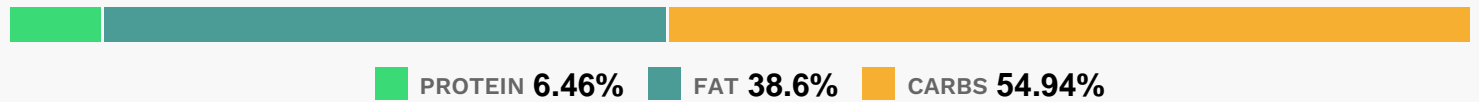
- bowl

- baking pan
- hand mixer

## Directions

- Stir boiling water into dry gelatin mix in medium bowl until dissolved.
- Add cold water; stir. Refrigerate 1-1/2 hours or until slightly thickened.
- Place cookies in bottom of 8-inch square baking pan. Beat Neufchatel in medium bowl with electric mixer on medium speed until creamy.
- Add whipped topping; mix well.
- Spread over cookies; cover with thickened gelatin.
- Refrigerate at least 2 hours or until gelatin layer is firm.
- Cut into 16 bars to serve. Store leftover bars in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:2.7, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.9265217534874%

## Nutrients (% of daily need)

Calories: 170.61kcal (8.53%), Fat: 7.41g (11.39%), Saturated Fat: 2.87g (17.94%), Carbohydrates: 23.71g (7.9%), Net Carbohydrates: 23.42g (8.52%), Sugar: 16.99g (18.88%), Cholesterol: 8.54mg (2.85%), Sodium: 159.16mg (6.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Phosphorus: 47.58mg (4.76%), Vitamin B2: 0.07mg (4.38%), Vitamin B1: 0.05mg (3.62%), Folate: 11.67µg (2.92%), Manganese: 0.06mg (2.91%), Vitamin B3: 0.55mg (2.74%), Vitamin E: 0.39mg (2.6%), Iron: 0.46mg (2.54%), Calcium: 25.1mg (2.51%), Selenium: 1.67µg (2.38%), Copper: 0.04mg (2.07%), Vitamin A: 100.92IU (2.02%), Vitamin B5: 0.14mg (1.42%), Vitamin K: 1.39µg (1.33%), Potassium: 42.88mg (1.23%), Magnesium: 4.87mg (1.22%), Zinc: 0.18mg (1.21%), Fiber: 0.29g (1.15%)