



Fluffy Pink Lemonade Dessert with Pretzel Crust

READY IN



195 min.

SERVINGS



12

CALORIES



271 kcal

BEVERAGE

DRINK

Ingredients

- 4 oz pretzels
- 0.3 cup sugar
- 0.5 cup butter melted
- 8 oz cream cheese
- 2 boxes peach pie filling white instant (4-serving size each)
- 12 oz lemonade concentrate frozen thawed canned
- 2 food coloring red
- 8 oz cool whip frozen thawed

- 1 slices optional: lemon cut into fourths

Equipment

- food processor
- bowl
- frying pan
- oven
- hand mixer
- aluminum foil
- microwave
- glass baking pan

Directions

- Heat oven to 350°F. In food processor bowl with metal blade, place pretzels and sugar. Cover; process 15 to 20 seconds or until finely crushed. With food processor running, drizzle melted butter through feed tube, pulsing to mix well.
- Press crust mixture in bottom of ungreased 11x7-inch pan or glass baking dish.
- Bake 5 to 8 minutes or until set and golden brown. Cool completely, about 45 minutes.
- Remove foil wrapper from cream cheese package, place cream cheese in large microwavable bowl; microwave uncovered on Medium (50%) 45 seconds to 1 minute or until well softened. Stir until smooth. Beat dry pudding mix into cream cheese with electric mixer on medium speed until well incorporated.
- Add lemonade concentrate and food color. Beat on low speed until mixed. Beat on medium speed, about 2 minutes until fluffy. Gently stir in 2 cups of the whipped topping until smooth.
- Spread over crust.
- Spread remaining whipped topping over lemonade mixture. Refrigerate at least 2 hours or until set.
- Cut dessert into squares.
- Garnish each serving with lemon.

Nutrition Facts



■ PROTEIN 4.06% ■ FAT 50.23% ■ CARBS 45.71%

Properties

Glycemic Index:17.13, Glycemic Load:9.24, Inflammation Score:-4, Nutrition Score:3.8421739184338%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 270.54kcal (13.53%), Fat: 15.55g (23.92%), Saturated Fat: 5.98g (37.4%), Carbohydrates: 31.85g (10.62%), Net Carbohydrates: 31.35g (11.4%), Sugar: 20.75g (23.06%), Cholesterol: 22.11mg (7.37%), Sodium: 281.44mg (12.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.83g (5.66%), Vitamin A: 625.39IU (12.51%), Vitamin B2: 0.2mg (11.54%), Folate: 24.16µg (6.04%), Vitamin B12: 0.33µg (5.51%), Vitamin B1: 0.08mg (5.28%), Vitamin C: 4.24mg (5.14%), Phosphorus: 49.44mg (4.94%), Manganese: 0.09mg (4.72%), Calcium: 46.32mg (4.63%), Selenium: 2.75µg (3.93%), Vitamin E: 0.54mg (3.62%), Vitamin B3: 0.62mg (3.09%), Iron: 0.49mg (2.73%), Potassium: 91.78mg (2.62%), Vitamin B6: 0.05mg (2.39%), Magnesium: 8.27mg (2.07%), Fiber: 0.5g (2%), Vitamin B5: 0.18mg (1.81%), Zinc: 0.26mg (1.76%), Copper: 0.03mg (1.3%)