



Fluffy Pink Lemonade Dessert with Pretzel Crust

READY IN



195 min.

SERVINGS



12

CALORIES



345 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup butter melted
- 8 oz cream cheese
- 2 boxes chocolate pudding white instant (4-serving size each)
- 1 slices optional: lemon cut into fourths
- 12 oz lemonade concentrate frozen thawed canned
- 4 oz pretzels
- 0.3 cup sugar
- 8 oz non-dairy whipped topping frozen thawed

Equipment

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

Directions

- Heat oven to 350F. 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 3.64% ■ FAT 44.49% ■ CARBS 51.87%

Properties

Glycemic Index:17.13, Glycemic Load:9.24, Inflammation Score:-4, Nutrition Score:3.9226087020791%

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: 345.03kcal (17.25%), Fat: 17.39g (26.75%), Saturated Fat: 7.71g (48.18%), Carbohydrates: 45.6g (15.2%), Net Carbohydrates: 44.6g (16.22%), Sugar: 33.03g (36.7%), Cholesterol: 19.47mg (6.49%), Sodium: 510mg (22.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.2g (6.39%), Vitamin A: 606.26IU (12.13%), Manganese: 0.15mg (7.65%), Phosphorus: 62.08mg (6.21%), Vitamin B2: 0.11mg (6.18%), Folate: 22µg (5.5%), Vitamin C: 4.24mg (5.14%), Selenium: 3.04µg (4.34%), Vitamin E: 0.63mg (4.21%), Calcium: 41.24mg (4.12%), Copper: 0.08mg (4.04%), Fiber: 1g (3.99%), Iron: 0.71mg (3.94%), Magnesium: 15.28mg (3.82%), Vitamin B1: 0.06mg (3.78%), Potassium: 128.14mg (3.66%), Vitamin B3: 0.61mg (3.03%), Zinc: 0.32mg (2.15%), Vitamin B5: 0.19mg (1.85%), Vitamin B6: 0.03mg (1.51%), Vitamin K: 1.56µg (1.49%), Vitamin B12: 0.09µg (1.48%)