



## Frozen Cinco De Mayo Dessert

 Dairy Free

READY IN



330 min.

SERVINGS



30

CALORIES



160 kcal

### Ingredients

- 0.5 cup planters almonds toasted finely chopped
- 0.5 cup butter melted (1 stick)
- 1 cup baker's angel flake coconut toasted
- 4 cups lime sherbet softened
- 4 cups orange sherbet softened
- 4 cups raspberry sherbet softened
- 61 vanilla wafers divided

### Equipment

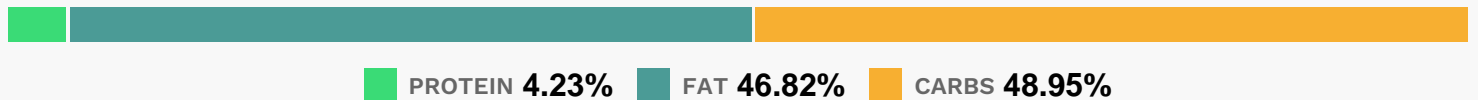
- oven

baking pan

## Directions

- Preheat oven to 350F. Finely crush 37 of the wafers.
- Mix wafer crumbs, coconut, almonds and butter until well blended. Press firmly onto bottom of 13x9-inch baking pan.
- Bake 8 to 10 min. or until lightly browned; cool.
- Spread layers of each of the different flavored sherbets over cooled crust, freezing each layer until firm before topping with the next layer.
- Freeze at least 4 hours.
- Remove from freezer about 10 min. before serving; let stand at room temperature to soften slightly.
- Cut into 24 squares. Top each with 1 of the remaining 24 wafers just before serving. Store any leftover dessert in freezer.

## Nutrition Facts



## Properties

Glycemic Index:7.08, Glycemic Load:10.96, Inflammation Score:-3, Nutrition Score:3.9717391658088%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 12.04mg, Hesperetin: 12.04mg, Hesperetin: 12.04mg, Hesperetin: 12.04mg Naringenin: 4.12mg, Naringenin: 4.12mg, Naringenin: 4.12mg, Naringenin: 4.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 159.6kcal (7.98%), Fat: 8.64g (13.28%), Saturated Fat: 3.27g (20.46%), Carbohydrates: 20.31g (6.77%), Net Carbohydrates: 18.19g (6.61%), Sugar: 11.42g (12.69%), Cholesterol: 0.32mg (0.11%), Sodium: 95.13mg (4.14%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.51%), Vitamin C: 17mg (20.6%), Fiber: 2.12g (8.49%), Manganese: 0.14mg (7.07%), Vitamin B1: 0.09mg (5.88%), Vitamin E: 0.81mg (5.42%), Vitamin B2: 0.09mg (5.34%), Folate: 21.09µg (5.27%), Vitamin A: 204.83IU (4.1%), Phosphorus: 36.85mg (3.69%), Copper: 0.07mg (3.59%), Magnesium: 13.85mg (3.46%), Potassium: 120.13mg (3.43%), Calcium: 32.76mg (3.28%), Vitamin B3: 0.53mg (2.64%), Vitamin B6: 0.04mg (1.83%), Iron: 0.31mg (1.73%), Zinc: 0.26mg (1.71%), Vitamin B5: 0.17mg (1.69%), Selenium: 1.09µg (1.56%)