



## Frozen Peach Shortcake Squares

 Gluten Free  Dairy Free

READY IN



190 min.

SERVINGS



12

CALORIES



375 kcal

### Ingredients

- 3 oz jell-o peach flavor gelatin
- 2 small peaches fresh sliced
- 4 cups pound cake cubes (1 inch)
- 0.5 cup raspberries fresh
- 0.3 cup raspberry preserves warmed
- 2 cups whipped cream softened
- 8 oz cool whip whipped topping thawed

### Equipment

- bowl

frying pan

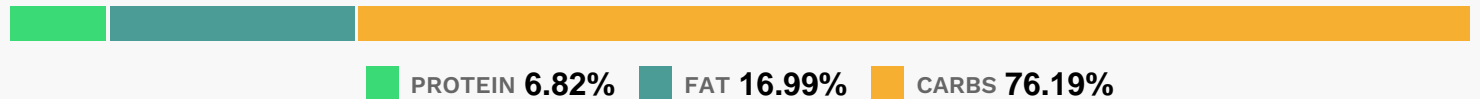
## Directions

Mix ice cream and dry gelatin mix in large bowl until blended. Stir in COOL WHIP, then cake cubes. Spoon into 8-inch square pan; drizzle with preserves.

Freeze 3 hours or until firm.

Serve topped with fruit.

## Nutrition Facts



## Properties

Glycemic Index:15.19, Glycemic Load:6.53, Inflammation Score:-3, Nutrition Score:7.3091305079667%

## Flavonoids

Cyanidin: 2.7mg, Cyanidin: 2.7mg, Cyanidin: 2.7mg, Cyanidin: 2.7mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 374.97kcal (18.75%), Fat: 7.12g (10.96%), Saturated Fat: 4.27g (26.67%), Carbohydrates: 71.84g (23.95%), Net Carbohydrates: 70.56g (25.66%), Sugar: 49.64g (55.15%), Cholesterol: 90.5mg (30.17%), Sodium: 560.68mg (24.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.86%), Vitamin B2: 0.3mg (17.58%), Phosphorus: 162.68mg (16.27%), Vitamin B1: 0.21mg (14.17%), Selenium: 9.11µg (13.01%), Iron: 2.34mg (12.98%), Manganese: 0.22mg (10.89%), Folate: 42.07µg (10.52%), Calcium: 100.53mg (10.05%), Vitamin B3: 1.77mg (8.87%), Vitamin A: 300.34IU (6.01%), Vitamin B5: 0.56mg (5.57%), Vitamin B12: 0.31µg (5.21%), Potassium: 180.88mg (5.17%), Fiber: 1.28g (5.1%), Copper: 0.09mg (4.63%), Zinc: 0.65mg (4.32%), Magnesium: 16.34mg (4.08%), Vitamin E: 0.56mg (3.73%), Vitamin C: 2.95mg (3.58%), Vitamin B6: 0.06mg (3.25%), Vitamin K: 1.87µg (1.78%), Vitamin D: 0.2µg (1.34%)