



Frozen Pistachio Cream Dessert with Ruby Raspberry Sauce

READY IN



330 min.

SERVINGS



9

CALORIES



287 kcal

DESSERT

Ingredients

- 1 cup chocolate wafer crumbs (30 wafers)
- 0.5 cup pistachios shelled finely chopped
- 3 tablespoons butter melted
- 8 oz weight cream cheese fat-free softened
- 3.4 oz pistachio pudding mix instant
- 1.3 cups skim milk
- 8 oz cool whip fat-free frozen thawed
- 10 oz raspberries frozen thawed

- 2 tablespoons sugar
- 2 tablespoons orange juice orange-flavored
- 1 cup cool whip fat-free
- 1 tablespoons pistachios shelled chopped

Equipment

- food processor
- bowl
- frying pan
- knife
- sieve
- blender
- hand mixer
- springform pan

Directions

- In medium bowl, combine all crust ingredients; mix well. Press firmly in bottom of ungreased 8-inch square pan or 9-inch springform pan .
- Beat cream cheese in medium bowl with electric mixer at medium speed until light and fluffy.
- Add pudding mix and milk; beat at low speed until combined. Beat at medium speed until smooth. Reserve 1 cup of the whipped topping for garnish; cover and refrigerate. Fold remaining whipped topping into cream cheese mixture. Spoon into crust-lined pan. Freeze at least 4 hours or until firm.
- Meanwhile, in blender container or food processor bowl with metal blade, combine raspberries, sugar and liqueur. Cover; blend until smooth. Press raspberry mixture through strainer into bowl to remove seeds; discard seeds.
- To serve, let dessert thaw in refrigerator for about 1 hour. Carefully run knife around sides of pan. Top each serving with reserved whipped topping, raspberry sauce and about 1/2 teaspoon chopped pistachios.

Nutrition Facts



■ PROTEIN 12.06% ■ FAT 34.18% ■ CARBS 53.76%

Properties

Glycemic Index:35.2, Glycemic Load:7.57, Inflammation Score:-4, Nutrition Score:10.588695681613%

Flavonoids

Cyanidin: 14.98mg, Cyanidin: 14.98mg, Cyanidin: 14.98mg, Cyanidin: 14.98mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg, Delphinidin: 0.42mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.31mg, Pelargonidin: 0.31mg, Pelargonidin: 0.31mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 287.15kcal (14.36%), Fat: 11.27g (17.34%), Saturated Fat: 4.55g (28.42%), Carbohydrates: 39.88g (13.29%), Net Carbohydrates: 36.48g (13.27%), Sugar: 28.03g (31.14%), Cholesterol: 19.69mg (6.56%), Sodium: 471.97mg (20.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.95g (17.9%), Phosphorus: 331.4mg (33.14%), Vitamin B2: 0.38mg (22.5%), Manganese: 0.4mg (19.78%), Calcium: 192.21mg (19.22%), Vitamin B12: 0.95µg (15.91%), Fiber: 3.4g (13.61%), Vitamin C: 10.57mg (12.81%), Vitamin B1: 0.18mg (12.31%), Vitamin B6: 0.23mg (11.47%), Copper: 0.21mg (10.68%), Potassium: 325.39mg (9.3%), Magnesium: 35.73mg (8.93%), Folate: 32.85µg (8.21%), Zinc: 1.08mg (7.23%), Selenium: 4.37µg (6.25%), Vitamin A: 309.55IU (6.19%), Iron: 1.09mg (6.03%), Vitamin B5: 0.54mg (5.39%), Vitamin E: 0.69mg (4.58%), Vitamin B3: 0.88mg (4.41%), Vitamin K: 3.25µg (3.09%), Vitamin D: 0.37µg (2.5%)