



Frozen Pistachio Cream Dessert with Ruby Raspberry Sauce

 Vegetarian

READY IN



330 min.

SERVINGS



9

CALORIES



356 kcal

DESSERT

Ingredients

- 3 tablespoons butter melted
- 8 oz weight cream cheese fat-free softened
- 3.4 oz pistachio pudding mix instant
- 2 tablespoons orange juice orange-flavored
- 0.5 cup pistachios shelled finely chopped
- 1 tablespoons pistachios shelled chopped
- 10 oz karo syrup frozen thawed

- 1.3 cups skim milk
- 2 tablespoons sugar
- 1 cup vanilla wafers (30 wafers)
- 1 cup cool whip fat-free
- 8 oz cool whip fat-free frozen thawed

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 9.56% FAT 27.36% CARBS 63.08%

Properties

Glycemic Index:35.37, Glycemic Load:9.6, Inflammation Score:-3, Nutrition Score:7.926956548639%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg 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 Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 355.88kcal (17.79%), Fat: 11.43g (17.58%), Saturated Fat: 4.71g (29.43%), Carbohydrates: 59.27g (19.76%), Net Carbohydrates: 58.17g (21.15%), Sugar: 44.59g (49.55%), Cholesterol: 19.57mg (6.52%), Sodium: 470.97mg (20.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.99g (17.98%), Phosphorus: 310.97mg (31.1%), Vitamin B2: 0.37mg (21.5%), Calcium: 201.48mg (20.15%), Vitamin B12: 0.94µg (15.72%), Vitamin B1: 0.2mg (13.38%), Vitamin B6: 0.21mg (10.29%), Folate: 31.14µg (7.78%), Potassium: 261.96mg (7.48%), Copper: 0.13mg (6.38%), Vitamin A: 297.66IU (5.95%), Magnesium: 22.2mg (5.55%), Zinc: 0.82mg (5.44%), Selenium: 3.6µg (5.14%), Manganese: 0.1mg (4.9%), Fiber: 1.1g (4.41%), Vitamin B5: 0.39mg (3.88%), Vitamin B3: 0.66mg (3.28%), Vitamin C: 2.32mg (2.81%), Vitamin D: 0.37µg (2.5%), Vitamin E: 0.32mg (2.16%), Iron: 0.37mg (2.05%)