



Frozen Raspberry Delight

READY IN



390 min.

SERVINGS



20

CALORIES



350 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups chocolate wafers such as nabisco famous crushed
- ☐ 0.3 cup butter melted
- ☐ 0.3 cup sugar
- ☐ 1 cup topping softened
- ☐ 1 quart whipped cream softened
- ☐ 1 pint pineapple sherbet softened
- ☐ 12 oz raspberries frozen
- ☐ 8 oz cool whip frozen thawed

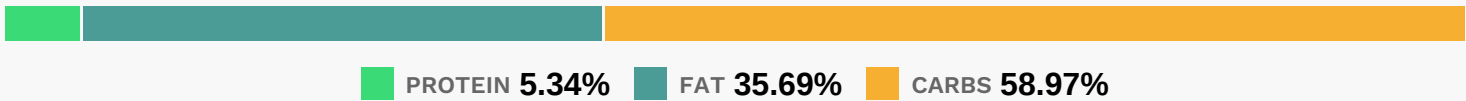
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In medium bowl, mix crust ingredients; reserve 1/4 cup for topping. Press remaining in 13x9-inch pan to make crust. Refrigerate 15 minutes.
- ☐ Spread chocolate fudge sauce over crust. Spoon vanilla ice cream over chocolate.
- ☐ Place spoonfuls of sherbet randomly over ice cream; swirl gently into ice cream. Top with raspberries; press gently into sherbet.
- ☐ Spread whipped topping on top; top with reserved crumbs. Cover; freeze 6 hours or overnight.
- ☐ Let stand at room temperature 10 to 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:12.88, Glycemic Load:20.22, Inflammation Score:-4, Nutrition Score:7.2930434009303%

Flavonoids

Cyanidin: 7.79mg, Cyanidin: 7.79mg, Cyanidin: 7.79mg, Cyanidin: 7.79mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 350.23kcal (17.51%), Fat: 14.12g (21.73%), Saturated Fat: 6.06g (37.85%), Carbohydrates: 52.5g (17.5%), Net Carbohydrates: 49.48g (17.99%), Sugar: 34.98g (38.87%), Cholesterol: 23.5mg (7.83%), Sodium: 282.59mg (12.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.43mg (1.14%), Protein: 4.76g (9.51%), Vitamin B2: 0.29mg (17.17%), Manganese: 0.34mg (17.08%), Fiber: 3.02g (12.08%), Phosphorus: 118.63mg (11.86%), Calcium: 105.78mg (10.58%), Copper: 0.2mg (9.88%), Magnesium: 33.12mg (8.28%), Vitamin A: 374.02IU (7.48%), Iron: 1.34mg (7.47%), Potassium: 249.3mg (7.12%), Vitamin B12: 0.42µg (6.96%), Vitamin B1: 0.1mg (6.77%), Vitamin E: 0.99mg (6.6%), Vitamin C: 5.32mg (6.45%), Zinc: 0.93mg (6.21%), Folate: 20.58µg (5.14%), Vitamin B5: 0.5mg (4.95%), Selenium: 3.29µg (4.71%), Vitamin B3: 0.93mg (4.64%), Vitamin B6: 0.07mg (3.35%), Vitamin K: 2.45µg (2.33%)