



Frozen Raspberry Dessert

READY IN



190 min.

SERVINGS



12

CALORIES



297 kcal

Ingredients

- ☐ 1 cup vanilla wafers crushed (28 wafers)
- ☐ 0.5 cup blanched almonds and finely chopped
- ☐ 0.3 cup butter melted
- ☐ 14 oz condensed milk sweetened canned (not evaporated)
- ☐ 3 tablespoons juice of lemon
- ☐ 3 tablespoons orange juice orange-flavored
- ☐ 10 oz raspberries frozen with syrup, thawed
- ☐ 1 cup whipping cream
- ☐ 2 drops food coloring red
- ☐ 1 serving garnish: whipped cream sweetened

☐ 1 serving heart-shape paper punch (see below)

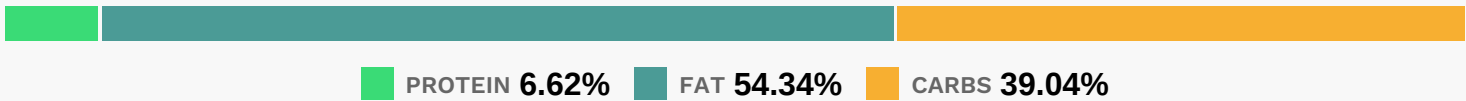
Equipment

- ☐ bowl
- ☐ oven
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Heat oven to 375°F. In small bowl, mix crust ingredients. Press firmly in bottom of ungreased 8-inch springform pan.
- ☐ Bake 8 to 10 minutes. Cool completely, about 30 minutes.
- ☐ In large bowl, beat sweetened condensed milk, lemon juice and liqueur with electric mixer on medium speed until smooth.
- ☐ Add raspberries; beat on low speed until well blended. Fold in whipped cream and red food color.
- ☐ Pour over crust. Freeze at least 2 hours or until firm.
- ☐ Just before serving, let stand at room temperature about 15 minutes.
- ☐ Garnish with sweetened whipped cream and chocolate hearts. Store dessert in freezer.

Nutrition Facts



Properties

Glycemic Index:22.58, Glycemic Load:16.63, Inflammation Score:-5, Nutrition Score:7.0517391018246%

Flavonoids

Cyanidin: 10.81mg, Cyanidin: 10.81mg, Cyanidin: 10.81mg, Cyanidin: 10.81mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.23mg, Pelargonidin: 0.23mg, Pelargonidin: 0.23mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg

Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg, Epicatechin: 0.83mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 297.08kcal (14.85%), Fat: 18.46g (28.4%), Saturated Fat: 7.97g (49.83%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 27.65g (10.05%), Sugar: 23.25g (25.83%), Cholesterol: 34.23mg (11.41%), Sodium: 130.23mg (5.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.12%), Vitamin B2: 0.25mg (14.51%), Phosphorus: 133.67mg (13.37%), Vitamin C: 10.76mg (13.04%), Manganese: 0.26mg (12.86%), Calcium: 127.84mg (12.78%), Vitamin E: 1.84mg (12.23%), Vitamin A: 569.33IU (11.39%), Fiber: 2.2g (8.8%), Selenium: 5.74µg (8.2%), Magnesium: 30.05mg (7.51%), Potassium: 234.57mg (6.7%), Vitamin B1: 0.1mg (6.35%), Folate: 22.1µg (5.53%), Copper: 0.08mg (4.24%), Zinc: 0.62mg (4.13%), Vitamin B5: 0.41mg (4.13%), Vitamin B3: 0.67mg (3.36%), Vitamin B12: 0.19µg (3.18%), Vitamin D: 0.39µg (2.57%), Vitamin K: 2.69µg (2.56%), Iron: 0.43mg (2.4%), Vitamin B6: 0.05mg (2.35%)