



## Frozen Strawberry-White Chocolate Mousse Squares

READY IN



375 min.

SERVINGS



16

CALORIES



273 kcal

DESSERT

### Ingredients

- 4 oz baker's chocolate white divided (6 oz.)
- 0.3 cup butter melted
- 16 oz philadelphia cream cheese spread
- 1 cup oreo chocolate creme cookies crushed finely
- 1 cup strawberries fresh mashed
- 14 oz condensed milk sweetened canned
- 1 cup cool whip whipped topping thawed

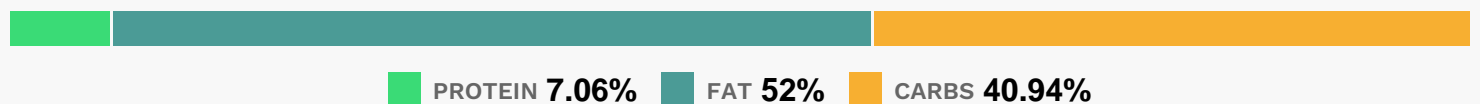
## Equipment

- bowl
- frying pan
- whisk
- blender
- plastic wrap
- microwave

## Directions

- Mix cookie crumbs and butter; press onto bottom of plastic wrap-lined 9-inch square pan.
- Microwave 5 oz. chocolate in microwaveable bowl on HIGH 2 min. or until melted, stirring after 1 min. Beat cream cheese spread in large bowl with mixer until creamy. Gradually beat in milk. Blend in melted chocolate and strawberries.
- Whisk in COOL WHIP; pour over crust.
- Freeze 6 hours or until firm.
- Remove dessert from freezer 15 min. before serving. Shave remaining 1 oz. chocolate into curls; place on dessert. Use plastic wrap to remove dessert from pan before cutting to serve.

## Nutrition Facts



## Properties

Glycemic Index:13.81, Glycemic Load:11.36, Inflammation Score:-3, Nutrition Score:4.4778260912584%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

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## **Nutrients (% of daily need)**

Calories: 273.35kcal (13.67%), Fat: 16g (24.62%), Saturated Fat: 9.6g (60.03%), Carbohydrates: 28.35g (9.45%), Net Carbohydrates: 27.86g (10.13%), Sugar: 24.17g (26.86%), Cholesterol: 35.22mg (11.74%), Sodium: 234.5mg (10.2%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.89g (9.78%), Calcium: 126.29mg (12.63%), Phosphorus: 91.01mg (9.1%), Vitamin B2: 0.15mg (9.08%), Vitamin A: 431.06IU (8.62%), Iron: 1.32mg (7.31%), Vitamin C: 5.97mg (7.24%), Selenium: 4.69µg (6.71%), Manganese: 0.1mg (5.23%), Potassium: 155.06mg (4.43%), Vitamin K: 4.13µg (3.93%), Magnesium: 13.57mg (3.39%), Vitamin B1: 0.05mg (3.32%), Vitamin E: 0.49mg (3.24%), Folate: 11.73µg (2.93%), Vitamin B5: 0.27mg (2.74%), Vitamin B12: 0.16µg (2.74%), Zinc: 0.38mg (2.53%), Copper: 0.05mg (2.31%), Vitamin B3: 0.41mg (2.03%), Fiber: 0.48g (1.94%), Vitamin B6: 0.02mg (1.21%)