



Frozen Strawberry-White Chocolate Mousse Squares

READY IN



375 min.

SERVINGS



15

CALORIES



292 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

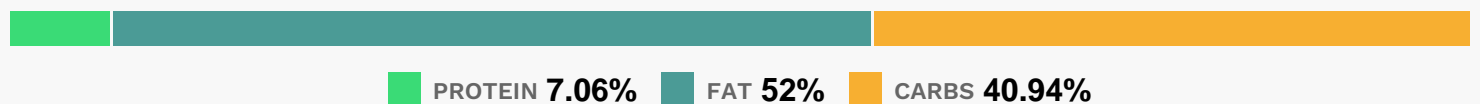
Equipment

- 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:14.73, Glycemic Load:12.12, Inflammation Score:-3, Nutrition Score:4.7773912924787%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg 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: 291.57kcal (14.58%), Fat: 17.07g (26.26%), Saturated Fat: 10.25g (64.03%), Carbohydrates: 30.24g (10.08%), Net Carbohydrates: 29.72g (10.81%), Sugar: 25.78g (28.65%), Cholesterol: 37.57mg (12.52%), Sodium: 250.13mg (10.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.21g (10.43%), Calcium: 134.71mg (13.47%), Phosphorus: 97.08mg (9.71%), Vitamin B2: 0.16mg (9.69%), Vitamin A: 459.8IU (9.2%), Iron: 1.4mg (7.8%), Vitamin C: 6.37mg (7.72%), Selenium: 5.01µg (7.15%), Manganese: 0.11mg (5.58%), Potassium: 165.39mg (4.73%), Vitamin K: 4.41µg (4.2%), Magnesium: 14.47mg (3.62%), Vitamin B1: 0.05mg (3.54%), Vitamin E: 0.52mg (3.46%), Folate: 12.51µg (3.13%), Vitamin B5: 0.29mg (2.93%), Vitamin B12: 0.18µg (2.92%), Zinc: 0.41mg (2.7%), Copper: 0.05mg (2.46%), Vitamin B3: 0.43mg (2.16%), Fiber: 0.52g (2.07%), Vitamin B6: 0.03mg (1.29%)