



Fruity PHILADELPHIA Freeze

READY IN



255 min.

SERVINGS



15

CALORIES



208 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz philadelphia strawberry cream cheese spread
- 12 oz cranberry juice cocktail concentrate frozen canned
- 1 cup oreo cookies crushed
- 1 cup raspberries fresh
- 8 oz cool whip whipped topping thawed

Equipment

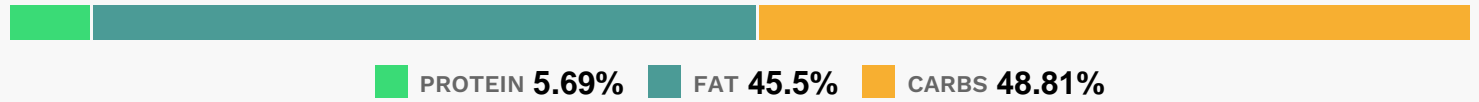
- bowl
- frying pan

- whisk
- blender
- aluminum foil

Directions

- Press cookie crumbs onto bottom of foil-lined 9-inch square pan.
- Blend cream cheese spread and juice concentrate in blender until smooth; spoon into large bowl.
- Whisk in COOL WHIP until blended; pour over crust.
- Freeze 4 hours or until firm.
- Remove from freezer 15 min. before serving; let stand at room temperature to soften slightly. Use foil handles to lift dessert from pan before cutting to serve. Top with berries.

Nutrition Facts



Properties

Glycemic Index:1.73, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:3.3034782746564%

Flavonoids

Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 208.1kcal (10.41%), Fat: 10.62g (16.34%), Saturated Fat: 6.53g (40.78%), Carbohydrates: 25.64g (8.55%), Net Carbohydrates: 24.76g (9%), Sugar: 18.84g (20.93%), Cholesterol: 19.05mg (6.35%), Sodium: 193.57mg (8.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.98%), Vitamin C: 12.48mg (15.13%), Iron: 1.43mg (7.94%), Manganese: 0.16mg (7.88%), Vitamin A: 309.03IU (6.18%), Calcium: 53.76mg (5.38%), Vitamin K:

4.03µg (3.84%), Fiber: 0.87g (3.5%), Vitamin B2: 0.05mg (2.9%), Vitamin E: 0.41mg (2.72%), Phosphorus: 24.56mg (2.46%), Copper: 0.05mg (2.44%), Magnesium: 8.97mg (2.24%), Folate: 8.64µg (2.16%), Vitamin B1: 0.03mg (2.12%), Potassium: 63.42mg (1.81%), Vitamin B3: 0.35mg (1.75%), Vitamin B5: 0.17mg (1.69%), Selenium: 0.93µg (1.33%), Vitamin B6: 0.02mg (1.05%)