



## Glazed Berry Squares

READY IN



270 min.

SERVINGS



30

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 cups blueberries fresh
- 0.5 cup butter melted
- 8 oz philadelphia cream cheese softened
- 2 cups graham cracker crumbs
- 1.5 cups ice cubes
- 1.5 cups strawberries fresh sliced
- 6 oz jell-o strawberry flavor gelatin
- 0.5 cup sugar divided
- 1.5 cups water boiling

1.5 cups cool whip whipped topping thawed

## Equipment

bowl

whisk

blender

## Directions

Mix graham crumbs, 1/4 cup sugar and butter; press onto bottom of 13x9-inch dish.

Beat cream cheese and remaining sugar in medium bowl with mixer until blended.

Whisk in COOL WHIP; spread over crust. Top with berries.

Add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved.

Add ice; stir until melted.

Pour over berries. Refrigerate 4 hours or until firm.

## Nutrition Facts

 **PROTEIN 4.77%**  **FAT 46.87%**  **CARBS 48.36%**

## Properties

Glycemic Index:8.37, Glycemic Load:5.98, Inflammation Score:-2, Nutrition Score:1.8043478170167%

## Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Petunidin: 2.34mg, Petunidin: 2.34mg, Petunidin: 2.34mg, Petunidin: 2.34mg Delphinidin: 2.64mg, Delphinidin: 2.64mg, Delphinidin: 2.64mg, Delphinidin: 2.64mg Malvidin: 5mg, Malvidin: 5mg, Malvidin: 5mg, Malvidin: 5mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Peonidin: 1.51mg, Peonidin: 1.51mg, Peonidin: 1.51mg, Peonidin: 1.51mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin:

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

Calories: 126.76kcal (6.34%), Fat: 6.75g (10.39%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 15.68g (5.23%), Net  
Carbohydrates: 15.17g (5.52%), Sugar: 11.75g (13.06%), Cholesterol: 7.71mg (2.57%), Sodium: 126.8mg (5.51%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.55g (3.1%), Vitamin C: 4.96mg (6.01%), Vitamin A: 244.49IU  
(4.89%), Phosphorus: 33.66mg (3.37%), Manganese: 0.05mg (2.71%), Vitamin B2: 0.04mg (2.54%), Fiber: 0.51g  
(2.05%), Calcium: 18.06mg (1.81%), Vitamin K: 1.87µg (1.78%), Vitamin E: 0.26mg (1.76%), Selenium: 1.18µg (1.68%),  
Iron: 0.3mg (1.68%), Magnesium: 6.09mg (1.52%), Folate: 5.75µg (1.44%), Vitamin B3: 0.28mg (1.41%), Vitamin B1:  
0.02mg (1.35%), Potassium: 42.45mg (1.21%), Zinc: 0.18mg (1.17%), Copper: 0.02mg (1.09%)