



Gluten-Free Lime Vanilla Freeze

READY IN



230 min.

SERVINGS



15

CALORIES



256 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 oz betty crocker's cake mix gluten free yellow
- ☐ 0.5 cup pecans finely chopped
- ☐ 0.8 cup butter softened
- ☐ 4 cups whipped cream softened
- ☐ 4 cups pineapple sherbet softened
- ☐ 1 cup cool whip frozen thawed
- ☐ 0.3 cup pecans chopped

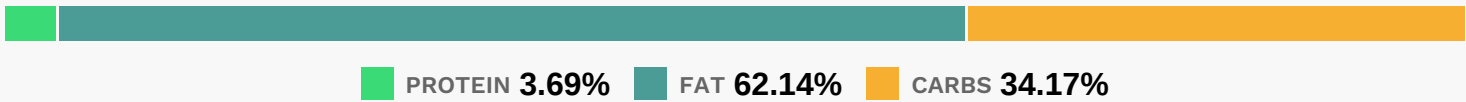
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Heat oven to 350°F. Line 13x9-inch pan with foil, leaving 1 inch of foil overhanging at 2 opposite sides of pan. In medium bowl, stir together cake mix and 1/2 cup pecans. With pastry blender or fork, cut in butter until mixture is crumbly. Lightly press in bottom of foil-lined pan.
- ☐ Bake 15 to 20 minutes or until set and just beginning to brown. Cool completely, about 30 minutes.
- ☐ In large bowl, fold sherbet into ice cream just until partially blended for marbled design. Spoon and spread over cooled crust. Cover; freeze until firm, at least 4 hours.
- ☐ Using foil handles, remove dessert from pan to cutting board 10 minutes before serving; peel back foil.
- ☐ Cut into 5 rows by 3 rows. Top each serving with whipped topping and sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:12.13, Glycemic Load:10.8, Inflammation Score:-3, Nutrition Score:4.1569564640522%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 256.18kcal (12.81%), Fat: 18.04g (27.75%), Saturated Fat: 9.16g (57.26%), Carbohydrates: 22.32g (7.44%), Net Carbohydrates: 21.02g (7.64%), Sugar: 18.08g (20.08%), Cholesterol: 41.09mg (13.7%), Sodium: 122.9mg (5.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.41g (4.82%), Manganese: 0.25mg (12.62%), Vitamin B2: 0.16mg (9.69%), Vitamin A: 461.79IU (9.24%), Calcium: 78.31mg (7.83%), Phosphorus: 73.97mg (7.4%), Fiber: 1.3g (5.21%), Zinc: 0.7mg (4.7%), Vitamin B12: 0.28µg (4.7%), Vitamin B1: 0.07mg (4.6%), Copper: 0.09mg (4.27%), Potassium: 138.4mg (3.95%), Magnesium: 15.31mg (3.83%), Vitamin B5: 0.35mg (3.52%), Vitamin E: 0.45mg (3.02%), Selenium: 1.7µg (2.42%), Vitamin B6: 0.04mg (2.2%), Folate: 5.73µg (1.43%), Vitamin C: 1.18mg (1.43%), Iron: 0.23mg (1.27%), Vitamin K: 1.11µg (1.05%)