



## JELL-O Beach Dessert

♥ Popular

READY IN



210 min.

SERVINGS



20

CALORIES



226 kcal

DESSERT

### Ingredients

- 0.5 cup butter melted
- 8 oz philadelphia cream cheese softened
- 20 servings ice cubes
- 6 oz jell-o berry flavor gelatin blue
- 0.3 cup sprinkles blue
- 0.3 cup sugar
- 2.3 cups vanilla wafers divided crushed finely
- 0.8 cup water cold

- 1.5 cups water boiling
- 12 oz cool whip whipped topping divided thawed
- 6 sticks suggested decorations miniature
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## Equipment

- bowl

## Directions

- Combine 2 cups wafer crumbs and butter in 13x9-inch dish; press onto bottom of dish.
- Mix cream cheese and sugar in medium bowl until blended. Gently stir in half the COOL WHIP; spread over crust.
- Add boiling water to gelatin mix in separate medium bowl; stir 2 min. until completely dissolved.
- Add enough ice cubes to cold water to measure 2 cups; stir into gelatin until ice is melted. Refrigerate 5 min. or until gelatin is slightly thickened. Spoon over cream cheese layer.
- Refrigerate 3 hours or until firm. Just before serving, spread remaining COOL WHIP over dessert.
- Sprinkle with wafer crumbs and sprinkles to resemble sand and water.
- Add decorations as desired to resemble photo.

## Nutrition Facts



**PROTEIN 4.21%** **FAT 50.82%** **CARBS 44.97%**

## Properties

Glycemic Index:8.7, Glycemic Load:8.75, Inflammation Score:-2, Nutrition Score:1.787391314445%

## Nutrients (% of daily need)

Calories: 226.26kcal (11.31%), Fat: 12.96g (19.94%), Saturated Fat: 5.96g (37.26%), Carbohydrates: 25.8g (8.6%), Net Carbohydrates: 25.63g (9.32%), Sugar: 19.98g (22.2%), Cholesterol: 11.92mg (3.97%), Sodium: 194.91mg (8.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.83%), Vitamin A: 367.88IU (7.36%), Vitamin B2: 0.08mg (4.47%), Phosphorus: 43.22mg (4.32%), Vitamin B1: 0.06mg (3.92%), Folate: 12.73µg (3.18%), Selenium: 1.97µg

(2.81%), Calcium: 27.54mg (2.75%), Vitamin E: 0.36mg (2.39%), Vitamin B3: 0.35mg (1.76%), Copper: 0.03mg (1.36%), Potassium: 45.57mg (1.3%), Vitamin B12: 0.06µg (1.08%)