



## Judy's Strawberry Pretzel Salad

READY IN



120 min.

SERVINGS



16

CALORIES



334 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.8 cup butter melted
- 16 ounce cream cheese
- 1.5 cups pretzels crushed
- 16 ounce strawberries frozen
- 6 ounce strawberry jell-o flavored
- 2 cups water boiling
- 8 ounce non-dairy whipped topping frozen thawed
- 1 cup sugar white

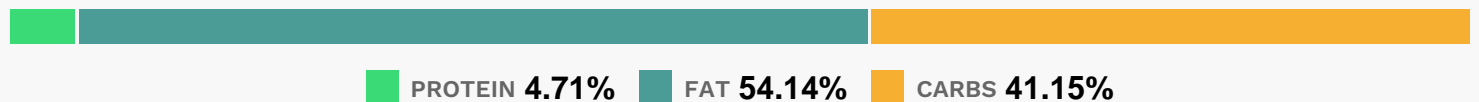
## Equipment

- bowl
- frying pan
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix together the pretzels, 4 1/2 tablespoons sugar and melted butter. Press into the bottom of a 9x13 inch pan.
- Bake for 10 minutes, or until lightly toasted. Set aside to cool completely.
- In a medium bowl, beat the sugar and cream cheese until smooth. Fold in whipped topping.
- Spread evenly over the cooled crust. Refrigerate until set, about 30 minutes.
- In a medium bowl, stir together the gelatin mix and boiling water.
- Mix in frozen strawberries, and stir until thawed.
- Pour over cream cheese mixture in pan. Refrigerate until completely chilled, at least 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:16.88, Glycemic Load:14.59, Inflammation Score:-5, Nutrition Score:4.7643478331359%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin:

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

Calories: 333.77kcal (16.69%), Fat: 20.58g (31.67%), Saturated Fat: 12.83g (80.2%), Carbohydrates: 35.19g (11.73%), Net Carbohydrates: 34.37g (12.5%), Sugar: 27.59g (30.66%), Cholesterol: 51.79mg (17.26%), Sodium: 312.07mg (13.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.06%), Vitamin C: 16.83mg (20.4%), Vitamin A: 660.53IU (13.21%), Manganese: 0.18mg (9.21%), Phosphorus: 74.77mg (7.48%), Vitamin B2: 0.12mg (7.03%), Folate: 23.99µg (6%), Selenium: 4.12µg (5.88%), Calcium: 48.01mg (4.8%), Vitamin E: 0.68mg (4.53%), Potassium: 115.39mg (3.3%), Fiber: 0.82g (3.29%), Vitamin B1: 0.05mg (3.25%), Iron: 0.53mg (2.93%), Vitamin B3: 0.55mg (2.75%), Magnesium: 10.13mg (2.53%), Copper: 0.05mg (2.5%), Vitamin K: 2.63µg (2.5%), Vitamin B5: 0.24mg (2.36%), Zinc: 0.29mg (1.92%), Vitamin B6: 0.04mg (1.9%), Vitamin B12: 0.11µg (1.81%)