



Key Lime' Cloud Squares

READY IN



380 min.

SERVINGS



20

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter melted
- 8 oz philadelphia cream cheese softened
- 1.3 cups graham cracker crumbs divided
- 1 cup ice cubes
- 3 oz jell-o lime flavor gelatin
- 0.8 cup juice of lime
- 14 oz condensed milk sweetened canned
- 0.8 cup water boiling
- 2 cups cool whip whipped topping thawed

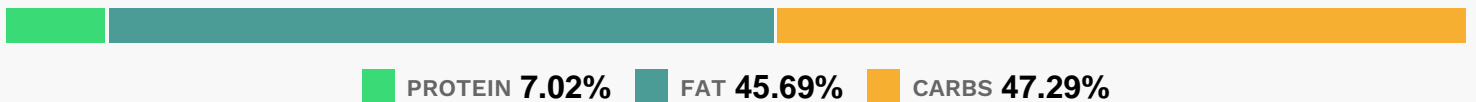
Equipment

- bowl
- frying pan
- whisk
- plastic wrap

Directions

- Reserve 1 Tbsp. graham crumbs.
- Mix remaining crumbs with butter; press onto bottom of plastic wrap-lined 9-inch square pan. Refrigerate until ready to use.
- Add boiling water to gelatin mix in small bowl; stir 2 min. until completely dissolved.
- Add ice; stir 2 min. or until thickened.
- Remove any unmelted ice. Beat cream cheese in medium bowl until creamy. Gradually beat in milk, then lime juice.
- Add gelatin; mix well.
- Whisk in 1 cup COOL WHIP.
- Pour over crust.
- Refrigerate 6 hours or until firm. Cover with remaining COOL WHIP just before serving; sprinkle with reserved graham crumbs. Use plastic wrap handles to remove dessert from pan before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:10.6, Glycemic Load:9.77, Inflammation Score:-2, Nutrition Score:2.9178260998881%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg,

Naringenin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 182.75kcal (9.14%), Fat: 9.48g (14.58%), Saturated Fat: 5.77g (36.09%), Carbohydrates: 22.07g (7.36%),
Net Carbohydrates: 21.85g (7.94%), Sugar: 18.09g (20.1%), Cholesterol: 24.45mg (8.15%), Sodium: 142.39mg
(6.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.55%), Phosphorus: 87.15mg (8.72%), Calcium:
79.81mg (7.98%), Vitamin B2: 0.13mg (7.82%), Selenium: 4.41µg (6.31%), Vitamin A: 286.28IU (5.73%), Vitamin C:
3.24mg (3.93%), Potassium: 117.68mg (3.36%), Magnesium: 11.08mg (2.77%), Vitamin B1: 0.04mg (2.48%), Zinc:
0.37mg (2.48%), Vitamin B5: 0.23mg (2.28%), Vitamin B12: 0.13µg (2.2%), Folate: 7.12µg (1.78%), Vitamin E: 0.25mg
(1.68%), Iron: 0.3mg (1.68%), Vitamin B3: 0.29mg (1.43%), Vitamin B6: 0.03mg (1.36%)