



## Layered Lemon-Lime Dessert

 **Gluten Free**

READY IN



**205 min.**

SERVINGS



**12**

CALORIES



**208 kcal**

### Ingredients

- 8 oz philadelphia cream cheese spread
- 2 cups lemon sherbet softened
- 0.5 cup juice of lime
- 14 oz condensed milk sweetened canned
- 8 oz cool whip whipped topping thawed

### Equipment

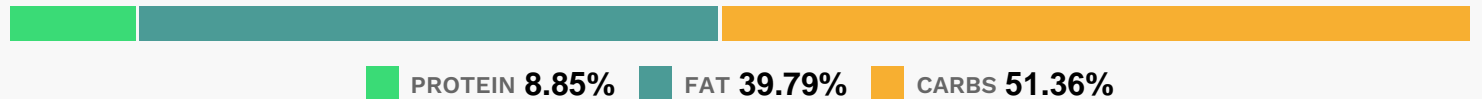
- bowl
- frying pan
- whisk

aluminum foil

## Directions

- Spoon sherbet into foil-lined 9x5-inch pan; spread to form even layer in pan. Freeze 10 min.
- Meanwhile, beat cream cheese spread in large bowl with whisk until creamy. Gradually beat in sweetened condensed milk until blended. Stir in COOL WHIP and lime juice.
- Spread cream cheese mixture over sherbet layer in pan; freeze 3 hours or until firm.

## Nutrition Facts



## Properties

Glycemic Index:7.21, Glycemic Load:11.56, Inflammation Score:-3, Nutrition Score:4.8930435258409%

## Flavonoids

Eriodictyol: 7.77mg, Eriodictyol: 7.77mg, Eriodictyol: 7.77mg, Eriodictyol: 7.77mg Hesperetin: 10.76mg, Hesperetin: 10.76mg, Hesperetin: 10.76mg, Hesperetin: 10.76mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

## Nutrients (% of daily need)

Calories: 208.14kcal (10.41%), Fat: 9.56g (14.71%), Saturated Fat: 6.6g (41.24%), Carbohydrates: 27.77g (9.26%), Net Carbohydrates: 26.74g (9.72%), Sugar: 24.09g (26.77%), Cholesterol: 23.34mg (7.78%), Sodium: 144.22mg (6.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.57%), Vitamin C: 22.61mg (27.41%), Calcium: 140.63mg (14.06%), Phosphorus: 104.73mg (10.47%), Vitamin B2: 0.16mg (9.6%), Selenium: 5.5µg (7.86%), Vitamin A: 294.66IU (5.89%), Potassium: 202.35mg (5.78%), Fiber: 1.03g (4.12%), Magnesium: 13.56mg (3.39%), Vitamin B1: 0.05mg (3.35%), Vitamin B5: 0.33mg (3.28%), Vitamin B12: 0.18µg (3.06%), Vitamin B6: 0.05mg (2.64%), Zinc: 0.36mg (2.39%), Folate: 9.1µg (2.28%), Iron: 0.3mg (1.68%), Vitamin E: 0.22mg (1.48%), Copper: 0.02mg (1.13%)