



Layered Lemon Squares

READY IN



255 min.

SERVINGS



15

CALORIES



322 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 Tbsp butter melted
- 16 oz philadelphia cream cheese softened
- 1.5 cups graham crackers crushed finely
- 6.8 oz jell-o lemon flavor pudding instant
- 3 cups milk cold divided
- 0.5 cup sugar divided
- 8 oz cool whip whipped topping thawed

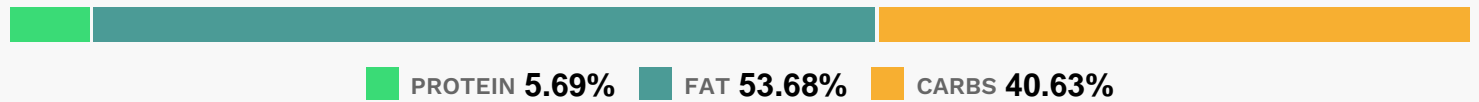
Equipment

- bowl
- frying pan
- whisk

Directions

- Combine graham crumbs, 1/4 cup sugar and butter; press onto bottom of 13x9-inch pan.
- Beat cream cheese, remaining sugar and 1/4 cup milk in medium bowl with whisk until blended; spread over crust.
- Beat pudding mixes and remaining milk with whisk 3 min.
- Pour over cream cheese layer in pan.
- Let stand 5 min. or until thickened; cover with COOL WHIP.
- Refrigerate 4 hours.

Nutrition Facts



Properties

Glycemic Index:13.94, Glycemic Load:10.82, Inflammation Score:-4, Nutrition Score:4.2560869990646%

Nutrients (% of daily need)

Calories: 321.79kcal (16.09%), Fat: 19.43g (29.89%), Saturated Fat: 9.81g (61.32%), Carbohydrates: 33.08g (11.03%), Net Carbohydrates: 32.7g (11.89%), Sugar: 25.97g (28.86%), Cholesterol: 36.7mg (12.23%), Sodium: 318.18mg (13.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.26%), Vitamin A: 696.67IU (13.93%), Phosphorus: 112.56mg (11.26%), Calcium: 109.59mg (10.96%), Vitamin B2: 0.18mg (10.42%), Vitamin B12: 0.37µg (6.1%), Selenium: 4.05µg (5.78%), Potassium: 149.37mg (4.27%), Vitamin B1: 0.06mg (3.89%), Magnesium: 15.11mg (3.78%), Zinc: 0.54mg (3.63%), Vitamin B5: 0.36mg (3.59%), Vitamin D: 0.54µg (3.58%), Vitamin E: 0.53mg (3.56%), Vitamin B6: 0.06mg (2.96%), Iron: 0.43mg (2.41%), Vitamin B3: 0.44mg (2.18%), Folate: 7.37µg (1.84%), Fiber: 0.38g (1.53%), Vitamin K: 1.27µg (1.21%)