



Layered Strawberry Dessert

READY IN



260 min.

SERVINGS



20

CALORIES



209 kcal

DESSERT

Ingredients

- 6 Tbsp butter melted
- 8 oz philadelphia cream cheese softened
- 6.8 oz jell-o vanilla flavor pudding instant
- 2 Tbsp milk cold
- 3.5 cups milk cold
- 4 cups strawberries fresh halved
- 0.3 cup sugar
- 1.3 cups vanilla wafers crushed finely
- 8 oz cool whip whipped topping divided thawed

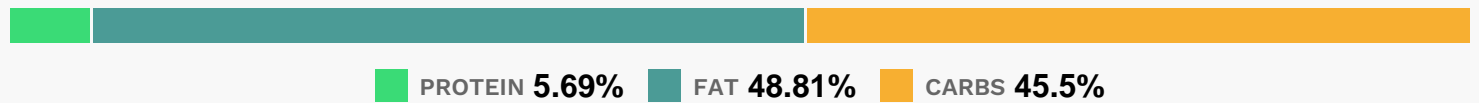
Equipment

- bowl
- frying pan
- whisk

Directions

- Mix wafer crumbs, sugar and butter; press onto bottom of 13x9-inch pan. Refrigerate until ready to use.
- Beat cream cheese and 2 Tbsp. milk in large bowl with whisk until blended. Stir in half the COOL WHIP; spread over crust. Top with berries. Beat pudding mixes and 3-1/2 cups milk with whisk 2 min.; pour over berries.
- Refrigerate 4 hours.
- Spread with remaining COOL WHIP just before serving.

Nutrition Facts



Properties

Glycemic Index:14.5, Glycemic Load:7.15, Inflammation Score:-4, Nutrition Score:4.3760869736257%

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: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg 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: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

0.01mg

Nutrients (% of daily need)

Calories: 208.94kcal (10.45%), Fat: 11.51g (17.71%), Saturated Fat: 5.5g (34.38%), Carbohydrates: 24.14g (8.05%), Net Carbohydrates: 23.41g (8.51%), Sugar: 18.95g (21.06%), Cholesterol: 17.05mg (5.68%), Sodium: 189.33mg (8.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Vitamin C: 16.94mg (20.54%), Calcium: 79.79mg (7.98%), Vitamin A: 385.98IU (7.72%), Phosphorus: 76.13mg (7.61%), Vitamin B2: 0.12mg (7.22%), Manganese: 0.12mg (5.75%), Vitamin B12: 0.29µg (4.84%), Vitamin B1: 0.07mg (4.39%), Potassium: 146.3mg (4.18%), Folate: 14.36µg (3.59%), Selenium: 2.3µg (3.29%), Vitamin D: 0.49µg (3.24%), Fiber: 0.73g (2.92%), Magnesium: 10.99mg (2.75%), Vitamin B5: 0.27mg (2.69%), Vitamin E: 0.39mg (2.6%), Vitamin B6: 0.05mg (2.47%), Zinc: 0.29mg (1.95%), Vitamin B3: 0.36mg (1.8%), Vitamin K: 1.37µg (1.3%)