



Layered Strawberry Tiramisu

READY IN



195 min.

SERVINGS



15

CALORIES



223 kcal

Ingredients

- 8 oz philadelphia cream cheese softened
- 6.8 oz jell-o vanilla flavor pudding instant
- 6 oz ladyfingers split
- 3.5 cups milk cold
- 6 oz cool whip dips strawberry cr me thawed
- 2 squares baker's semi-sweet chocolate grated
- 2.5 cups strawberries fresh sliced

Equipment

- bowl

frying pan

blender

Directions

Beat cream cheese in large bowl with mixer until creamy. Gradually add milk, beating until well blended.

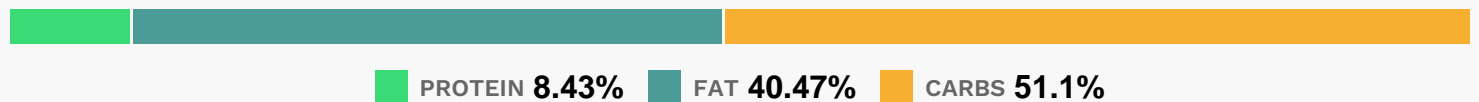
Add dry pudding mixes; beat on low speed 1 min. or until well blended.

Cover bottom of 13x9-inch pan with half the ladyfingers; top with layers of half each of the pudding mixture, COOL WHIP DIPS and berries. Repeat all layers.

Refrigerate 3 hours.

Sprinkle with chocolate.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:1.78, Inflammation Score:-4, Nutrition Score:6.1117391275323%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg 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: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 223.37kcal (11.17%), Fat: 10.18g (15.65%), Saturated Fat: 5.67g (35.44%), Carbohydrates: 28.91g (9.64%), Net Carbohydrates: 27.9g (10.15%), Sugar: 17.86g (19.85%), Cholesterol: 49.2mg (16.4%), Sodium: 176.17mg (7.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.21mg (1.07%), Protein: 4.77g (9.53%), Vitamin C: 14.11mg

(17.11%), Vitamin B2: 0.24mg (14.17%), Phosphorus: 116.73mg (11.67%), Calcium: 109.07mg (10.91%), Vitamin B12: 0.6µg (10.01%), Manganese: 0.17mg (8.71%), Vitamin A: 382.93IU (7.66%), Vitamin B1: 0.09mg (6.09%), Potassium: 190.88mg (5.45%), Magnesium: 20.15mg (5.04%), Vitamin B5: 0.47mg (4.66%), Selenium: 3.25µg (4.64%), Folate: 17.78µg (4.45%), Iron: 0.77mg (4.28%), Vitamin D: 0.63µg (4.18%), Vitamin B6: 0.08mg (4.18%), Zinc: 0.61mg (4.06%), Fiber: 1.01g (4.06%), Copper: 0.08mg (3.85%), Vitamin B3: 0.48mg (2.39%), Vitamin E: 0.26mg (1.74%), Vitamin K: 1.32µg (1.26%)