



## Lemon-Blueberry Squares

READY IN



200 min.

SERVINGS



20

CALORIES



141 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 cup blueberries
- 4 oz philadelphia cream cheese softened ( )
- 6.8 oz jell-o lemon flavor pudding instant
- 1 Tbsp juice of lemon
- 1.5 cups milk cold
- 32 vanilla wafers
- 8 oz cool whip whipped topping divided thawed

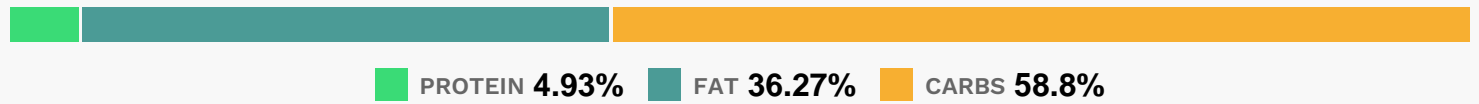
### Equipment

- bowl
- whisk
- blender

## Directions

- Line bottom and sides of 8-inch square dish with wafers.
- Beat cream cheese in large bowl with mixer until creamy. Gradually beat in milk.
- Add dry pudding mixes and lemon juice; mix well.
- Whisk in 2 cups COOL WHIP and berries; spoon into prepared dish.
- Refrigerate 3 hours or until firm.
- Serve topped with remaining COOL WHIP.

## Nutrition Facts



## Properties

Glycemic Index:9.1, Glycemic Load:6.07, Inflammation Score:-1, Nutrition Score:1.7786956429482%

## Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 2.33mg, Petunidin: 2.33mg, Petunidin: 2.33mg, Petunidin: 2.33mg Delphinidin: 2.62mg, Delphinidin: 2.62mg, Delphinidin: 2.62mg, Delphinidin: 2.62mg Malvidin: 5mg, Malvidin: 5mg, Malvidin: 5mg, Malvidin: 5mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 141.49kcal (7.07%), Fat: 5.76g (8.86%), Saturated Fat: 3.33g (20.78%), Carbohydrates: 21g (7%), Net Carbohydrates: 20.63g (7.5%), Sugar: 15.21g (16.9%), Cholesterol: 8.25mg (2.75%), Sodium: 132.8mg (5.77%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Vitamin B2: 0.08mg (4.41%), Phosphorus: 38.11mg (3.81%), Vitamin B1: 0.06mg (3.8%), Calcium: 37.03mg (3.7%), Folate: 9.89µg (2.47%), Vitamin A: 118.23IU (2.36%), Vitamin B12: 0.13µg (2.23%), Vitamin K: 1.97µg (1.87%), Potassium: 62.85mg (1.8%), Selenium: 1.2µg (1.72%), Vitamin B3: 0.32mg (1.59%), Fiber: 0.37g (1.49%), Manganese: 0.03mg (1.35%), Vitamin D: 0.2µg (1.34%), Vitamin C: 1.01mg (1.22%), Vitamin B5: 0.11mg (1.11%), Vitamin E: 0.16mg (1.05%), Vitamin B6: 0.02mg (1.04%)