



Lemon Dream Squares

READY IN



255 min.

SERVINGS



15

CALORIES



156 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.3 cups poached berries mixed fresh sliced (strawberries, raspberries, blueberries)
- 0.3 cup butter melted
- 2 cups vanilla yogurt frozen softened
- 3 oz jell-o lemon flavor gelatin
- 1.3 cups vanilla wafers crushed finely
- 2 cups cool whip whipped topping thawed

Equipment

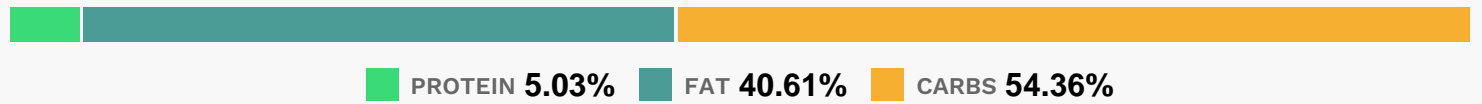
- bowl

- frying pan
- blender
- plastic wrap

Directions

- Line 8-inch square pan with plastic wrap, with ends of wrap extending over sides.
- Mix wafer crumbs and butter; press onto bottom of prepared pan. Freeze until ready to use.
- Beat yogurt and dry gelatin mix in large bowl with mixer until blended.
- Add COOL WHIP; mix well. Spoon over crust.
- Freeze 4 hours. Use plastic wrap handles to remove dessert from pan before cutting to serve. Top with berries.

Nutrition Facts



Properties

Glycemic Index:8.47, Glycemic Load:5.06, Inflammation Score:-2, Nutrition Score:2.1469565007998%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Petunidin: 4.22mg, Petunidin: 4.22mg, Petunidin: 4.22mg, Petunidin: 4.22mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 11.54mg, Malvidin: 11.54mg, Malvidin: 11.54mg, Malvidin: 11.54mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 155.86kcal (7.79%), Fat: 7.2g (11.07%), Saturated Fat: 4.27g (26.66%), Carbohydrates: 21.68g (7.23%), Net Carbohydrates: 20.92g (7.61%), Sugar: 16.71g (18.57%), Cholesterol: 8.81mg (2.94%), Sodium: 111.74mg (4.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.01%), Vitamin B2: 0.09mg (5.02%), Phosphorus: 47.48mg (4.75%), Vitamin K: 4.46µg (4.24%), Calcium: 37.49mg (3.75%), Vitamin B1: 0.06mg (3.69%), Vitamin A: 153.34IU (3.07%), Fiber: 0.76g (3.02%), Folate: 11.43µg (2.86%), Vitamin B3: 0.43mg (2.13%), Potassium: 72.17mg (2.06%), Selenium: 1.31µg (1.88%), Manganese: 0.04mg (1.86%), Vitamin E: 0.27mg (1.8%), Vitamin B5: 0.16mg (1.58%), Vitamin B6: 0.03mg (1.56%), Vitamin B12: 0.08µg (1.37%), Magnesium: 4.74mg (1.18%), Copper: 0.02mg

(1.15%)