



Lemon Lovelies

READY IN



255 min.

SERVINGS



15

CALORIES



309 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup blueberries fresh
- 8 oz philadelphia cream cheese softened
- 1 cup ice cubes
- 3 oz jell-o lemon flavor gelatin
- 3 Tbsp butter melted
- 2 cups shortbread cookies crushed finely
- 0.3 cup sugar
- 0.8 cup water boiling
- 8 oz cool whip whipped topping divided thawed

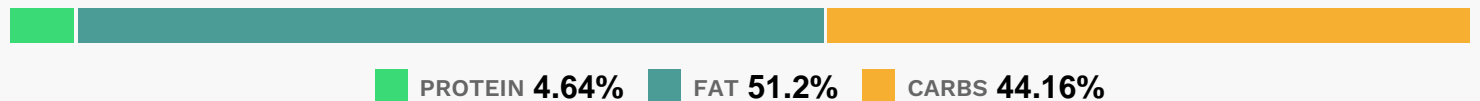
Equipment

- bowl
- frying pan
- whisk
- blender
- aluminum foil

Directions

- Line 13x9-inch pan with Reynolds Wrap Aluminum Foil, with ends of foil extending over sides.
- Mix cookie crumbs and margarine; press onto bottom of prepared pan. Refrigerate until ready to use.
- Add boiling water to gelatin mix; stir 2 min. until completely dissolved.
- Add ice; stir until melted. Beat cream cheese and sugar in large bowl with mixer until blended. Gradually beat in gelatin.
- Whisk in 2 cups COOL WHIP; pour over crust.
- Refrigerate 4 hours or until firm.
- Serve topped with remaining COOL WHIP and berries.

Nutrition Facts



Properties

Glycemic Index:13.41, Glycemic Load:15.65, Inflammation Score:-3, Nutrition Score:4.1786956579789%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg, Petunidin: 3.11mg Delphinidin: 3.5mg, Delphinidin: 3.5mg, Delphinidin: 3.5mg, Delphinidin: 3.5mg Malvidin: 6.67mg, Malvidin: 6.67mg, Malvidin: 6.67mg, Malvidin: 6.67mg Peonidin: 2mg, Peonidin: 2mg, Peonidin: 2mg, Peonidin: 2mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg
Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.76mg, Quercetin: 0.76mg,
Quercetin: 0.76mg, Quercetin: 0.76mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,
Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 309.12kcal (15.46%), Fat: 17.74g (27.3%), Saturated Fat: 7.79g (48.68%), Carbohydrates: 34.44g (11.48%),
Net Carbohydrates: 33.79g (12.29%), Sugar: 20.14g (22.38%), Cholesterol: 15.57mg (5.19%), Sodium: 224.05mg
(9.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin B2: 0.16mg (9.15%), Manganese:
0.17mg (8.53%), Vitamin B1: 0.12mg (8.13%), Vitamin E: 1.12mg (7.46%), Folate: 28.16µg (7.04%), Vitamin A: 346.86IU
(6.94%), Vitamin K: 6.18µg (5.88%), Phosphorus: 58.01mg (5.8%), Selenium: 4.03µg (5.76%), Iron: 1.01mg (5.6%),
Vitamin B3: 1.11mg (5.53%), Calcium: 31.97mg (3.2%), Fiber: 0.65g (2.59%), Copper: 0.05mg (2.48%), Potassium:
72.23mg (2.06%), Magnesium: 7.9mg (1.98%), Vitamin B5: 0.2mg (1.97%), Vitamin B6: 0.04mg (1.97%), Zinc: 0.26mg
(1.76%), Vitamin C: 0.96mg (1.17%), Vitamin B12: 0.07µg (1.11%)