

Lemon Lush

 Popular

READY IN



55 min.

SERVINGS



12

CALORIES



572 kcal

SIDE DISH

Ingredients

- 1 cup butter softened
- 16 ounce cream cheese
- 2 cups flour all-purpose
- 6.8 ounce lemon pudding mix instant
- 3.5 cups milk
- 12 ounce non-dairy whipped topping frozen thawed
- 1 cup sugar white

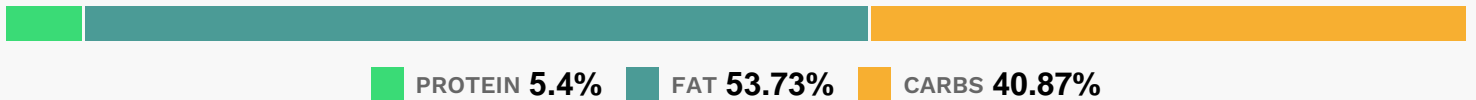
Equipment

- bowl
- oven
- whisk
- baking pan
- pastry cutter

Directions

- Preheat oven to 350 degrees F (175 degrees C). In a medium bowl, combine the flour and butter using a pastry cutter until a ball forms. Press into the bottom of a 9x13 inch baking dish.
- Bake for 25 minutes in the preheated oven, or until lightly golden.
- Remove from oven and allow to cool completely.
- In a medium bowl, beat the cream cheese and sugar together until smooth and well blended.
- Spread evenly over the cooled crust. In another bowl, whisk together the lemon pudding mix and milk for 3 to 5 minutes.
- Spread over the cream cheese layer. Chill until set, then top with whipped topping.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:24.97, Inflammation Score:-6, Nutrition Score:8.3152173809383%

Nutrients (% of daily need)

Calories: 572.45kcal (28.62%), Fat: 34.67g (53.34%), Saturated Fat: 21.92g (136.99%), Carbohydrates: 59.36g (19.79%), Net Carbohydrates: 58.78g (21.37%), Sugar: 28.24g (31.37%), Cholesterol: 87.96mg (29.32%), Sodium: 369.65mg (16.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.84g (15.68%), Vitamin A: 1116.64IU (22.33%), Vitamin B2: 0.33mg (19.24%), Selenium: 12.81µg (18.3%), Phosphorus: 160.82mg (16.08%), Calcium: 152.96mg (15.3%), Vitamin B1: 0.22mg (14.63%), Folate: 42.94µg (10.74%), Vitamin B12: 0.56µg (9.27%), Manganese: 0.15mg (7.69%), Vitamin B3: 1.38mg (6.89%), Vitamin E: 0.95mg (6.36%), Potassium: 213.25mg (6.09%), Vitamin B5: 0.6mg (5.98%), Iron: 1.08mg (5.98%), Vitamin D: 0.78µg (5.22%), Magnesium: 19.53mg (4.88%), Zinc: 0.68mg (4.51%), Vitamin B6: 0.08mg (4.04%), Vitamin K: 3.3µg (3.14%), Fiber: 0.58g (2.31%), Copper: 0.05mg (2.27%)