



Lemon Lush from All s Magazine

READY IN



250 min.

SERVINGS



8

CALORIES



381 kcal

SIDE DISH

Ingredients

- ☐ 6 tablespoons butter softened
- ☐ 8 ounce cream cheese
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 3.4 ounce optional: lemon instant
- ☐ 8 servings jell-o vanilla flavor pudding
- ☐ 1.8 cups milk
- ☐ 8 servings topping thawed
- ☐ 8 ounce whipped frozen

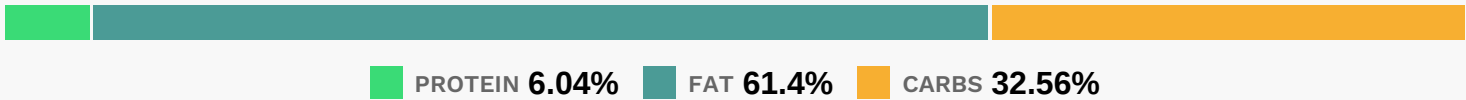
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat oven to 325 F if using a glass dish or 350 F if using a metal dish. Grease the 8 inch square dish.In a medium bowl, beat the butter until creamy. Beat in the sugar.
- ☐ Add the flour and stir until well mixed. Press into bottom of pan and bake on center rack for 25 minutes or until the edges are just slightly golden.
- ☐ Let cool completely.In a medium bowl, beat the cream cheese and 1/2 cup sugar with a handheld mixer until smooth and well blended.
- ☐ Spread evenly over the cooled crust.Wipe out the bowl and add the pudding mix and milk. With the mixer on low speed, beat for about 3 minutes or until slightly thickened.
- ☐ Pour over the cream cheese layer. Chill until set, then spread whipped topping over the top.

Nutrition Facts



Properties

Glycemic Index:42.57, Glycemic Load:18.72, Inflammation Score:-6, Nutrition Score:6.5991304957348%

Flavonoids

Eriodictyol: 2.57mg, Eriodictyol: 2.57mg, Eriodictyol: 2.57mg, Eriodictyol: 2.57mg Hesperetin: 3.36mg, Hesperetin: 3.36mg, Hesperetin: 3.36mg, Hesperetin: 3.36mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 380.96kcal (19.05%), Fat: 26.56g (40.86%), Saturated Fat: 16.1g (100.63%), Carbohydrates: 31.68g (10.56%), Net Carbohydrates: 31g (11.27%), Sugar: 19.86g (22.06%), Cholesterol: 79.17mg (26.39%), Sodium:

189.49mg (8.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.88g (11.77%), Vitamin A: 926.46IU (18.53%), Vitamin B2: 0.22mg (13.21%), Calcium: 129.86mg (12.99%), Phosphorus: 127.57mg (12.76%), Selenium: 8.08µg (11.55%), Vitamin B1: 0.14mg (9.64%), Vitamin C: 6.39mg (7.74%), Vitamin B12: 0.45µg (7.52%), Folate: 26.53µg (6.63%), Potassium: 194.13mg (5.55%), Vitamin B5: 0.53mg (5.34%), Vitamin E: 0.75mg (4.98%), Manganese: 0.09mg (4.67%), Vitamin D: 0.7µg (4.67%), Magnesium: 16.31mg (4.08%), Vitamin B3: 0.81mg (4.06%), Zinc: 0.57mg (3.83%), Iron: 0.68mg (3.8%), Vitamin B6: 0.08mg (3.77%), Fiber: 0.69g (2.75%), Vitamin K: 2.09µg (1.99%), Copper: 0.03mg (1.72%)