



Mexican Flag "Cake"

 Gluten Free

READY IN



265 min.

SERVINGS



25

CALORIES



163 kcal

DESSERT

Ingredients

- 16 oz philadelphia cream cheese softened
- 25 servings ice cubes
- 4 kiwi fruit peeled sliced
- 10.8 oz round cake prepared cut into 10 slices
- 10 strawberries fresh cut in half
- 6 oz jell-o strawberry flavor gelatin
- 0.3 cup sugar
- 1 cup water cold

- 1.5 cups water boiling
- 8 oz cool whip whipped topping thawed

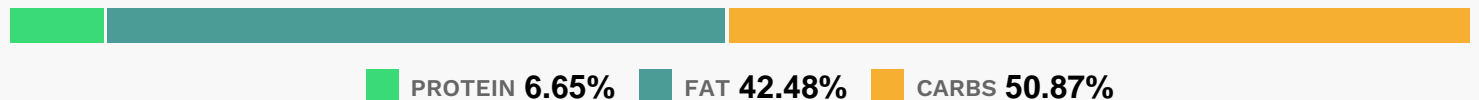
Equipment

- bowl
- whisk
- blender

Directions

- Add boiling water to gelatin mixes; stir 2 min. until completely dissolved.
- Add enough ice to cold water to make 2 cups.
- Add to gelatin; stir until melted. Refrigerate 5 min. or until gelatin is slightly thickened.
- Cover bottom of 13x9-inch dish with cake; cover with gelatin. Refrigerate 4 hours or until set.
- Beat cream cheese and sugar in large bowl with whisk or mixer until blended; stir in COOL WHIP.
- Spread over gelatin. Arrange fruit on cream cheese mixture to resemble the Mexican flag.

Nutrition Facts



Properties

Glycemic Index:7.59, Glycemic Load:2.62, Inflammation Score:-3, Nutrition Score:3.4926087247289%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 1.19mg, Pelargonidin: 1.19mg, Pelargonidin: 1.19mg, Pelargonidin: 1.19mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 162.78kcal (8.14%), Fat: 7.84g (12.07%), Saturated Fat: 4.79g (29.96%), Carbohydrates: 21.14g (7.05%), Net Carbohydrates: 20.54g (7.47%), Sugar: 16.69g (18.55%), Cholesterol: 30.94mg (10.31%), Sodium: 175.93mg (7.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.53%), Vitamin C: 13.7mg (16.6%), Vitamin K: 6.67µg (6.35%), Phosphorus: 58.52mg (5.85%), Vitamin A: 282.4IU (5.65%), Vitamin B2: 0.09mg (5.33%), Selenium: 3.4µg (4.86%), Calcium: 41.05mg (4.11%), Folate: 12.78µg (3.19%), Manganese: 0.06mg (3.06%), Vitamin E: 0.43mg (2.89%), Vitamin B1: 0.04mg (2.73%), Copper: 0.05mg (2.72%), Fiber: 0.59g (2.38%), Iron: 0.43mg (2.36%), Potassium: 81.87mg (2.34%), Vitamin B5: 0.2mg (1.95%), Magnesium: 7.5mg (1.87%), Vitamin B3: 0.33mg (1.67%), Vitamin B6: 0.03mg (1.48%), Vitamin B12: 0.09µg (1.46%), Zinc: 0.2mg (1.32%)