

Minty Lime Freeze

READY IN



195 min.

SERVINGS



12

CALORIES



287 kcal

SIDE DISH

Ingredients

- 6 tablespoons butter melted
- 1 tablespoon mint leaves fresh chopped
- 3 ounce jell-o brand lime flavor gelatin
- 0.3 cup juice of lime fresh
- 1 tablespoon lime zest
- 16 ounce neufchatel cheese softened
- 1.5 cups pretzels crushed finely
- 0.5 cup sugar divided
- 8 ounce non-dairy whipped topping thawed

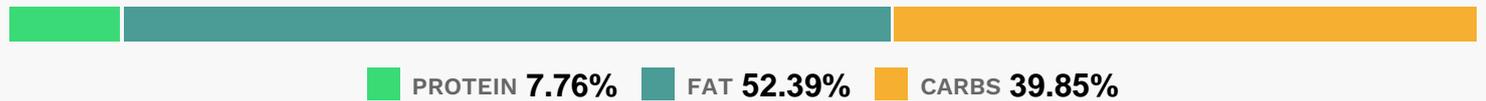
Equipment

- frying pan
- whisk
- blender
- plastic wrap

Directions

- Line 9-inch round pan with plastic wrap, with ends extending over side of pan. Beat Neufchatel cheese and 1/4 cup sugar with mixer until blended.
- Add dry gelatin mix, zest and juice; mix well.
- Whisk in COOL WHIP and mint; pour into prepared pan.
- Mix pretzel crumbs, remaining sugar and butter; sprinkle over pudding mixture. Cover dessert with ends of plastic wrap; use to gently press crumb mixture into filling.
- Freeze 3 hours or until firm. Invert dessert onto serving plate; remove pan and plastic wrap.
- Let dessert stand at room temperature 15 min. to soften slightly before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:12.59, Inflammation Score:-4, Nutrition Score:3.749565243721%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 287.49kcal (14.37%), Fat: 17.05g (26.23%), Saturated Fat: 8.18g (51.12%), Carbohydrates: 29.17g (9.72%), Net Carbohydrates: 28.77g (10.46%), Sugar: 20.4g (22.66%), Cholesterol: 28.35mg (9.45%), Sodium: 363.22mg

(15.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.36%), Vitamin A: 602.74IU (12.05%), Phosphorus: 91.65mg (9.17%), Vitamin B2: 0.12mg (6.93%), Calcium: 64.62mg (6.46%), Folate: 25.26µg (6.32%), Manganese: 0.1mg (5.22%), Vitamin B1: 0.06mg (3.81%), Selenium: 2.56µg (3.66%), Vitamin E: 0.52mg (3.48%), Vitamin B3: 0.64mg (3.21%), Potassium: 111.23mg (3.18%), Iron: 0.57mg (3.16%), Zinc: 0.44mg (2.96%), Vitamin B5: 0.27mg (2.67%), Vitamin B12: 0.16µg (2.64%), Vitamin C: 2.01mg (2.44%), Magnesium: 9.12mg (2.28%), Copper: 0.04mg (1.98%), Fiber: 0.41g (1.63%), Vitamin B6: 0.03mg (1.5%), Vitamin K: 1.56µg (1.49%)