



## No-Bake Raspberry-Lemon Bars

 **Gluten Free**  **Popular**

READY IN



250 min.

SERVINGS



20

CALORIES



73 kcal

### Ingredients

- 2 Tbsp butter melted
- 16 oz philadelphia cream cheese fat free softened
- 1 Tbsp juice of lemon
- 7 oz marshmallow crème jet-puffed
- 12 oz raspberries fresh divided ( 2-)
- 1 cup nabisco grahams crushed
- 1 cup nabisco grahams crushed

### Equipment

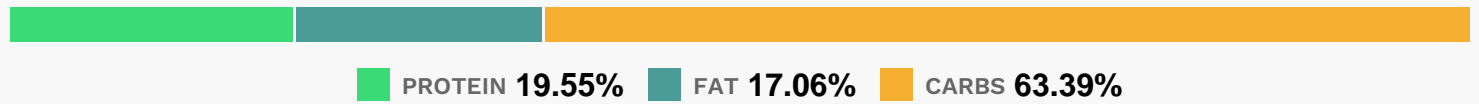
- frying pan

blender

## Directions

- Reserve 20 raspberries for garnish; refrigerate until ready to use.
- Mix graham crumbs and butter until well blended; press onto bottom of 9-inch square pan. Refrigerate until ready to use.
- Beat cream cheese, marshmallow creme and lemon juice with mixer until light and fluffy. Stir in remaining raspberries; spread over crust.
- Refrigerate 4 hours. Top with reserved raspberries just before serving.

## Nutrition Facts



## Properties

Glycemic Index:1.3, Glycemic Load:0.24, Inflammation Score:-1, Nutrition Score:2.952608720116%

## Flavonoids

Cyanidin: 7.79mg, Cyanidin: 7.79mg, Cyanidin: 7.79mg, Cyanidin: 7.79mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg, Pelargonidin: 0.17mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 73.45kcal (3.67%), Fat: 1.47g (2.26%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 12.26g (4.09%), Net Carbohydrates: 11.15g (4.06%), Sugar: 8.12g (9.02%), Cholesterol: 2.72mg (0.91%), Sodium: 172.59mg (7.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Phosphorus: 123.93mg (12.39%), Calcium: 84.32mg (8.43%), Manganese: 0.12mg (5.9%), Vitamin C: 4.75mg (5.76%), Fiber: 1.11g (4.43%), Vitamin B2: 0.07mg (3.95%), Vitamin B12: 0.22µg (3.61%), Folate: 11.67µg (2.92%), Zinc: 0.41mg (2.75%), Potassium: 90.09mg (2.57%), Vitamin B5: 0.25mg (2.49%), Magnesium: 8.82mg (2.2%), Selenium: 1.15µg (1.64%), Vitamin A: 67.76IU (1.36%),

Vitamin E: 0.2mg (1.31%), Vitamin K: 1.37µg (1.31%), Copper: 0.02mg (1.18%), Vitamin B6: 0.02mg (1.06%)