



## Old-Fashioned Ice Box Dessert

READY IN



195 min.

SERVINGS



15

CALORIES



168 kcal

### Ingredients

- 8 oz philadelphia cream cheese softened
- 0.3 cup baker's angel flake coconut toasted
- 2 1/ graham crackers (15 squares)
- 3.4 oz jell-o vanilla flavor pudding instant
- 4 kiwis chopped
- 2 cups milk cold
- 1 cup strawberries quartered
- 8 oz cool whip whipped topping divided thawed

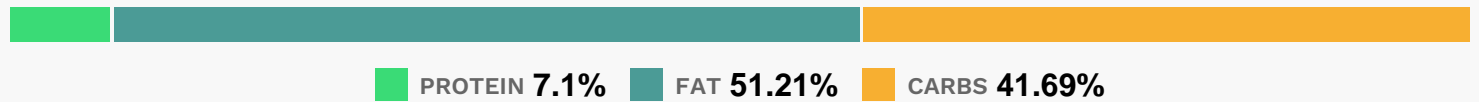
### Equipment

- bowl
- frying pan
- blender

## Directions

- Cover bottom of 13x9-inch pan with grahams.
- Beat cream cheese in large bowl with mixer until creamy. Gradually add milk, mixing until well blended after each addition.
- Add dry pudding mix; beat 1 min. Gently stir in half the COOL WHIP; spread over grahams. Cover with remaining COOL WHIP and fruit.
- Refrigerate several hours. Top with coconut just before serving.

## Nutrition Facts



## Properties

Glycemic Index:15.44, Glycemic Load:3.43, Inflammation Score:-3, Nutrition Score:5.2082608938217%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg, Pelargonidin: 2.39mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 168.19kcal (8.41%), Fat: 9.79g (15.06%), Saturated Fat: 6.49g (40.58%), Carbohydrates: 17.93g (5.98%), Net Carbohydrates: 16.6g (6.04%), Sugar: 14.02g (15.58%), Cholesterol: 19.48mg (6.49%), Sodium: 125.84mg (5.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Vitamin C: 23.8mg (28.85%), Vitamin K: 10.9µg (10.38%), Phosphorus: 78.57mg (7.86%), Calcium: 77.73mg (7.77%), Vitamin B2: 0.11mg (6.39%), Manganese:

0.12mg (5.81%), Vitamin A: 289.21IU (5.78%), Fiber: 1.33g (5.32%), Potassium: 161.61mg (4.62%), Vitamin B12: 0.24µg (3.99%), Selenium: 2.78µg (3.97%), Vitamin E: 0.57mg (3.82%), Magnesium: 14.26mg (3.56%), Copper: 0.06mg (2.93%), Vitamin B6: 0.06mg (2.91%), Folate: 11.46µg (2.86%), Vitamin B5: 0.28mg (2.79%), Vitamin B1: 0.04mg (2.6%), Vitamin D: 0.36µg (2.39%), Zinc: 0.35mg (2.31%), Iron: 0.27mg (1.52%), Vitamin B3: 0.27mg (1.36%)