



Opal's Cherry Delight

READY IN



75 min.

SERVINGS



10

CALORIES



375 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 12 ounce cherry pie filling canned
- ☐ 1 cup confectioners' sugar
- ☐ 8 ounce cream cheese at room temperature
- ☐ 20 graham crackers crushed finely
- ☐ 8 ounce non-dairy whipped topping cool whip® such as

Equipment

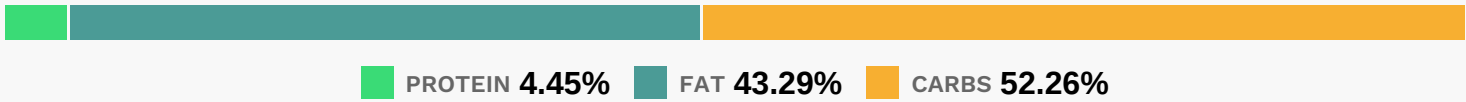
- ☐ bowl

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Mix graham cracker crumbs, 1/2 cup confectioners' sugar, and butter together in a bowl; press into a 9x9-inch pan.
- ☐ Whisk cream cheese, whipped topping, and 1 cup confectioners' sugar together in a bowl until smooth; spread over graham cracker crust.
- ☐ Pour cherry pie filling over cream cheese mixture layer. Refrigerate until firm, at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:15.1, Glycemic Load:15.42, Inflammation Score:-4, Nutrition Score:4.2156521677971%

Nutrients (% of daily need)

Calories: 375.39kcal (18.77%), Fat: 18.2g (28%), Saturated Fat: 10.5g (65.65%), Carbohydrates: 49.45g (16.48%), Net Carbohydrates: 48.29g (17.56%), Sugar: 24.38g (27.09%), Cholesterol: 35.56mg (11.85%), Sodium: 314.92mg (13.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.41%), Vitamin A: 532.93IU (10.66%), Phosphorus: 104.07mg (10.41%), Vitamin B2: 0.15mg (8.79%), Iron: 1.29mg (7.19%), Calcium: 65.45mg (6.54%), Vitamin B3: 1.15mg (5.76%), Magnesium: 22.64mg (5.66%), Vitamin B1: 0.08mg (5.49%), Zinc: 0.7mg (4.68%), Fiber: 1.16g (4.62%), Folate: 17.13µg (4.28%), Potassium: 139.73mg (3.99%), Selenium: 2.76µg (3.94%), Vitamin E: 0.44mg (2.93%), Vitamin B6: 0.06mg (2.9%), Copper: 0.04mg (2.14%), Vitamin B12: 0.1µg (1.75%), Vitamin B5: 0.16mg (1.57%), Vitamin K: 1.6µg (1.52%), Vitamin C: 1.22mg (1.48%)