



Patriotic Quilt "Cake"

 Gluten Free

READY IN



265 min.

SERVINGS



25

CALORIES



135 kcal

DESSERT

Ingredients

- 1.5 cups blueberries divided
- 25 servings ice cubes
- 16 oz philadelphia neufchatel cheese softened
- 10.8 oz round cake frozen thawed cut into 10 slices
- 4 cups strawberries divided sliced
- 3 oz jell-o strawberry flavor gelatin
- 0.3 cup sugar
- 1 cup water cold

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

Equipment

- bowl
- whisk
- baking pan

Directions

- Stir boiling water into gelatin mixes in large bowl 2 min. until completely dissolved.
- Add enough ice to cold water to measure 2 cups.
- Add to gelatin; stir until ice is completely melted. Refrigerate 20 min. or until gelatin is slightly thickened.
- Meanwhile, line bottom of 13x9-inch baking dish with cake slices.
- Add 1 cup of the strawberries and 1 cup of the blueberries to thickened gelatin; stir gently. Spoon over cake slices. Refrigerate 4 hours or until firm.
- Whisk Neufchatel and sugar in large bowl until blended; stir in 2-1/2 cups COOL WHIP.
- Spread over gelatin. Arrange remaining strawberries and remaining 1/2 cup blueberries on Neufchatel mixture to resemble the squares of a quilt. Pipe remaining whipped topping around squares.

Nutrition Facts



Properties

Glycemic Index:7.08, Glycemic Load:2.53, Inflammation Score:-2, Nutrition Score:3.4647825813812%

Flavonoids

Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg, Cyanidin: 1.14mg Petunidin: 2.83mg, Petunidin: 2.83mg, Petunidin: 2.83mg, Petunidin: 2.83mg Delphinidin: 3.22mg, Delphinidin: 3.22mg, Delphinidin: 3.22mg, Delphinidin: 3.22mg Malvidin: 6mg, Malvidin: 6mg, Malvidin: 6mg, Malvidin: 6mg Pelargonidin: 5.73mg, Pelargonidin: 5.73mg, Pelargonidin: 5.73mg, Pelargonidin: 5.73mg Peonidin: 1.81mg, Peonidin: 1.81mg, Peonidin: 1.81mg, Peonidin: 1.81mg

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Nutrients (% of daily need)

Calories: 134.67kcal (6.73%), Fat: 5.76g (8.85%), Saturated Fat: 3.45g (21.56%), Carbohydrates: 18.36g (6.12%), Net Carbohydrates: 17.62g (6.41%), Sugar: 14.13g (15.7%), Cholesterol: 26.04mg (8.68%), Sodium: 163.25mg (7.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.15%), Vitamin C: 14.41mg (17.47%), Manganese: 0.15mg (7.34%), Phosphorus: 59.84mg (5.98%), Vitamin B2: 0.08mg (4.68%), Calcium: 42.93mg (4.29%), Vitamin A: 185.63IU (3.71%), Folate: 14.71µg (3.68%), Selenium: 2.21µg (3.16%), Vitamin B1: 0.04mg (2.96%), Fiber: 0.73g (2.94%), Iron: 0.49mg (2.72%), Vitamin K: 2.84µg (2.71%), Potassium: 91.18mg (2.61%), Copper: 0.05mg (2.32%), Magnesium: 8.18mg (2.05%), Vitamin B3: 0.41mg (2.04%), Vitamin B5: 0.2mg (2.03%), Zinc: 0.28mg (1.83%), Vitamin E: 0.26mg (1.76%), Vitamin B12: 0.1µg (1.7%), Vitamin B6: 0.03mg (1.55%)