



Pretzel Dessert

READY IN



30 min.

SERVINGS



12

CALORIES



530 kcal

DESSERT

Ingredients

- ☐ 8 ounce cream cheese
- ☐ 1 cup butter melted
- ☐ 15 ounce pretzels crushed
- ☐ 20 ounce strawberries frozen thawed
- ☐ 6 ounce strawberry jell-o flavored
- ☐ 2 cups water boiling
- ☐ 8 ounce non-dairy whipped topping frozen thawed
- ☐ 0.3 cup sugar white
- ☐ 1 cup sugar white

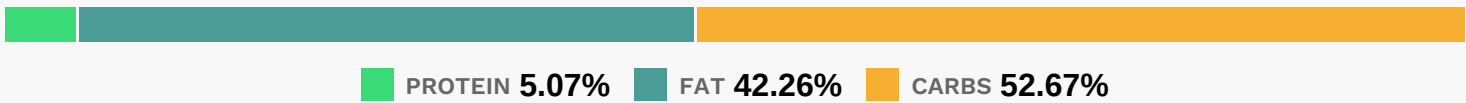
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a medium bowl, combine crushed pretzels, melted margarine, and 1/4 cup sugar. Press mixture into a 9x13 inch baking pan.
- ☐ Bake for 8 to 10 minutes.
- ☐ Let cool.
- ☐ In a large mixing bowl, beat cream cheese, frozen whipped topping, and 1 cup sugar.
- ☐ Pour over pretzel crust.
- ☐ In a large saucepan, combine boiling water and strawberry-flavored gelatin; bring to a boil. Stir in frozen strawberries. When it begins to thicken, pour over cream cheese filling.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:38.55, Inflammation Score:-7, Nutrition Score:9.342608747275%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.74mg, Pelargonidin: 11.74mg, Pelargonidin: 11.74mg, Pelargonidin: 11.74mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin:

0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 529.91kcal (26.5%), Fat: 25.45g (39.16%), Saturated Fat: 9.26g (57.86%), Carbohydrates: 71.37g (23.79%), Net Carbohydrates: 69.22g (25.17%), Sugar: 41.25g (45.84%), Cholesterol: 19.47mg (6.49%), Sodium: 759.46mg (33.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.73%), Vitamin C: 28.56mg (34.62%), Manganese: 0.52mg (25.87%), Folate: 78.36µg (19.59%), Vitamin A: 950.13IU (19%), Vitamin B2: 0.21mg (12.08%), Phosphorus: 115.24mg (11.52%), Vitamin B1: 0.17mg (11.47%), Iron: 1.89mg (10.47%), Vitamin B3: 2.09mg (10.46%), Fiber: 2.15g (8.6%), Vitamin E: 1.15mg (7.65%), Selenium: 4.9µg (7%), Potassium: 204.71mg (5.85%), Calcium: 56.37mg (5.64%), Copper: 0.11mg (5.39%), Magnesium: 20.69mg (5.17%), Zinc: 0.56mg (3.7%), Vitamin B6: 0.06mg (3.23%), Vitamin B5: 0.3mg (3.04%), Vitamin K: 3.03µg (2.89%), Vitamin B12: 0.1µg (1.64%)