

## Raspberry Icebox Cake

READY IN



45 min.

SERVINGS



15

CALORIES



290 kcal

DESSERT

### Ingredients

- 0.3 cup brown sugar packed
- 0.3 cup butter
- 24 graham crackers crushed
- 1 cup heavy whipping cream
- 20 large marshmallows
- 0.3 cup milk
- 15 ounces raspberries frozen
- 6 ounce raspberry gelatin flavored
- 1 cup water boiling

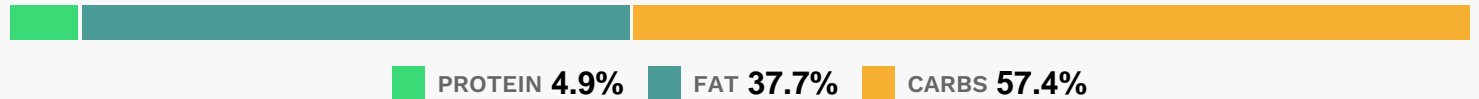
## Equipment

- frying pan
- oven

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix graham cracker wafer crumbs, butter and brown sugar until well combined. Set aside 1/4 cup of this mixture for a topping and press the remainder into one 9x13 inch pan.
- Bake at 350 degrees F (175 degrees C) for 10 minutes. Set aside to cool.
- Dissolve raspberry gelatin in the boiling water and add the frozen raspberries, stirring until melted. Chill until partially set and spread on wafer base.
- Melt marshmallows with the milk. When cool, fold in whipped cream and spread on top of raspberry mixture.
- Sprinkle with remaining crumbs. Chill for 3-4 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:16.57, Glycemic Load:17.15, Inflammation Score:-4, Nutrition Score:4.7513043206671%

## Flavonoids

Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg, Cyanidin: 12.98mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg, Pelargonidin: 0.28mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

## Nutrients (% of daily need)

Calories: 289.9kcal (14.5%), Fat: 12.44g (19.13%), Saturated Fat: 6.7g (41.89%), Carbohydrates: 42.6g (14.2%), Net Carbohydrates: 39.98g (14.54%), Sugar: 25.82g (28.69%), Cholesterol: 29.43mg (9.81%), Sodium: 248.81mg (10.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.27%), Fiber: 2.61g (10.45%), Manganese: 0.19mg (9.73%), Vitamin C: 7.52mg (9.12%), Phosphorus: 86.24mg (8.62%), Vitamin A: 377.44IU (7.55%), Iron: 1.2mg (6.67%), Vitamin B2: 0.11mg (6.37%), Magnesium: 22.22mg (5.55%), Vitamin B3: 1.05mg (5.23%), Calcium: 47.27mg (4.73%), Vitamin B1: 0.07mg (4.47%), Folate: 17.51µg (4.38%), Zinc: 0.63mg (4.17%), Vitamin E: 0.51mg (3.42%), Potassium: 113.01mg (3.23%), Copper: 0.06mg (3.04%), Vitamin K: 3.09µg (2.94%), Vitamin B6: 0.05mg (2.45%), Selenium: 1.65µg (2.36%), Vitamin D: 0.31µg (2.09%), Vitamin B5: 0.17mg (1.66%), Vitamin B12: 0.06µg (1.05%)