



Raspberry Lemonade Freeze

READY IN



285 min.

SERVINGS



12

CALORIES



293 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup butter firm
- ☐ 0.5 cup nuts finely chopped
- ☐ 4 cups raspberry sorbet softened
- ☐ 2 cups whipped cream softened
- ☐ 0.5 cup lemonade concentrate frozen thawed
- ☐ 1 cup cool whip frozen thawed
- ☐ 3 drops food coloring red
- ☐ 1 cup raspberries fresh

- ☐ 1 serving cool whip frozen thawed
- ☐ 1 serving raspberries fresh

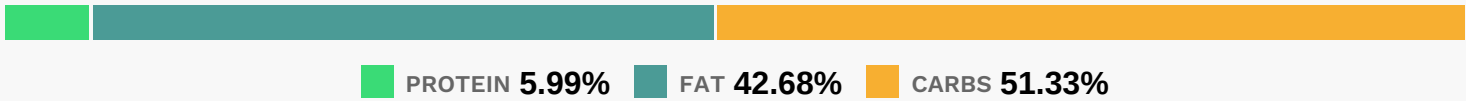
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Line bottom and sides of 9-inch square pan with foil, leaving 1 inch of foil overhanging at 2 opposite sides of pan. In medium bowl, place flour.
- ☐ Cut in butter using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until evenly mixed. Stir in nuts. In bottom of pan, press mixture evenly.
- ☐ Bake about 15 minutes or until light golden brown. Cool completely.
- ☐ Spoon sorbet over crust; spread evenly.
- ☐ Place in freezer. In medium bowl, mix ice cream, lemonade concentrate, 1 cup whipped topping and the food color until well blended. Fold in 1 cup raspberries.
- ☐ Spread over sorbet. Freeze about 4 hours or until firm.
- ☐ Let stand at room temperature about 10 minutes before cutting.
- ☐ Remove dessert from pan, using foil to lift. Dip knife into hot water before cutting serving pieces.
- ☐ Garnish with additional whipped topping and raspberries. Store in freezer.

Nutrition Facts



Properties

Glycemic Index:18.14, Glycemic Load:9.33, Inflammation Score:-4, Nutrition Score:5.5626086787037%

Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 292.71kcal (14.64%), Fat: 14g (21.53%), Saturated Fat: 3.7g (23.12%), Carbohydrates: 37.88g (12.63%), Net Carbohydrates: 34.82g (12.66%), Sugar: 21.32g (23.68%), Cholesterol: 10.74mg (3.58%), Sodium: 150.4mg (6.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.42g (8.84%), Manganese: 0.29mg (14.54%), Fiber: 3.06g (12.23%), Vitamin B2: 0.17mg (9.79%), Vitamin A: 448.39IU (8.97%), Vitamin B1: 0.12mg (8.02%), Phosphorus: 72.17mg (7.22%), Folate: 28.22µg (7.06%), Vitamin C: 5.4mg (6.54%), Selenium: 4.2µg (5.99%), Magnesium: 23.68mg (5.92%), Copper: 0.11mg (5.64%), Vitamin B3: 1.05mg (5.25%), Calcium: 48.35mg (4.84%), Iron: 0.84mg (4.66%), Potassium: 131.62mg (3.76%), Zinc: 0.54mg (3.6%), Vitamin E: 0.51mg (3.41%), Vitamin B12: 0.19µg (3.22%), Vitamin B5: 0.31mg (3.14%), Vitamin B6: 0.05mg (2.61%), Vitamin K: 1.31µg (1.24%)