



Refreshing Lemon Dessert

READY IN



280 min.

SERVINGS



16

CALORIES



202 kcal

DESSERT

Ingredients

- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 cup butter softened
- ☐ 0.3 cup powdered sugar
- ☐ 1 box jell-o lemon flavor pudding & pie filling instant (6-serving size) (not)
- ☐ 0.5 cup granulated sugar
- ☐ 0.3 cup water
- ☐ 2 egg yolk
- ☐ 2 cups water
- ☐ 8 oz cream cheese cut into cubes

- ☐ 2 cups marshmallows miniature
- ☐ 2 cups non-dairy whipped topping frozen thawed

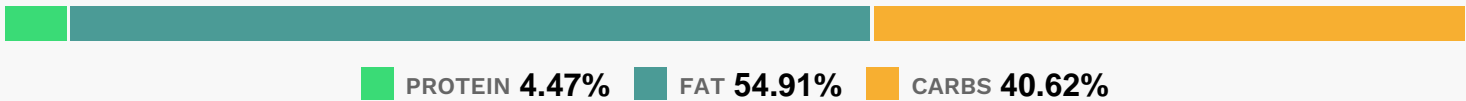
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ hand mixer
- ☐ springform pan

Directions

- ☐ Heat oven to 400°F. In medium bowl, beat all pastry ingredients with electric mixer on low speed 1 minute, scraping bowl constantly. Beat on medium speed about 2 minutes or until creamy.
- ☐ Spread on bottom of ungreased 9-inch springform pan.
- ☐ Bake 12 to 15 minutes or until golden brown. Cool completely.
- ☐ Make pudding mix as directed on box for pudding, using granulated sugar, 1/4 cup water, egg yolks and 2 cups water; cool slightly. Stir in cream cheese until well blended. Cool completely, about 1 hour. Fold in marshmallows and whipped topping.
- ☐ Spread over crust.
- ☐ Cover and refrigerate at least 3 hours until set but no longer than 24 hours. Run knife along side of pan to loosen dessert; remove side of pan. Store in refrigerator.

Nutrition Facts



Properties

Glycemic Index:14.54, Glycemic Load:10.88, Inflammation Score:-3, Nutrition Score:2.4513043536116%

Nutrients (% of daily need)

Calories: 201.5kcal (10.08%), Fat: 12.5g (19.23%), Saturated Fat: 5.33g (33.34%), Carbohydrates: 20.81g (6.94%), Net Carbohydrates: 20.64g (7.51%), Sugar: 14.46g (16.07%), Cholesterol: 38.81mg (12.94%), Sodium: 126.27mg (5.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.29g (4.58%), Vitamin A: 483.49IU (9.67%), Selenium: 4.85µg (6.92%), Vitamin B2: 0.09mg (5.06%), Phosphorus: 39.34mg (3.93%), Folate: 15.7µg (3.92%), Vitamin B1: 0.06mg (3.72%), Vitamin E: 0.45mg (3%), Calcium: 27.58mg (2.76%), Manganese: 0.04mg (2.18%), Iron: 0.38mg (2.09%), Vitamin B3: 0.38mg (1.88%), Vitamin B5: 0.18mg (1.8%), Vitamin B12: 0.1µg (1.68%), Copper: 0.03mg (1.28%), Zinc: 0.18mg (1.2%), Potassium: 40.36mg (1.15%), Vitamin B6: 0.02mg (1.05%)