



Strawberries and Cream Dessert Squares

READY IN



150 min.

SERVINGS



20

CALORIES



259 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 17.5 oz sugar cookie mix
- 0.5 cup butter softened
- 1 eggs
- 6 oz peppermint candies white
- 8 oz cream cheese softened
- 4 cups strawberries fresh sliced
- 0.5 cup sugar
- 2 tablespoons cornstarch
- 0.3 cup water

10 drops food coloring red

Equipment

- bowl
- frying pan
- sauce pan
- oven
- hand mixer
- microwave

Directions

- Heat oven to 350°F. Spray bottom only of 15x10x1- or 13x9-inch pan with cooking spray. In large bowl, stir cookie mix, butter and egg until soft dough forms. Press evenly in bottom of pan.
- Bake 15 to 20 minutes or until light golden brown. Cool completely, about 30 minutes.
- In small microwavable bowl, microwave baking chips uncovered on High 45 to 60 seconds or until chips are melted and can be stirred smooth. In medium bowl, beat cream cheese with electric mixer on medium speed until smooth. Stir in melted chips until blended.
- Spread mixture over crust. Refrigerate while making topping.
- In small bowl, crush 1 cup of the strawberries. In 2-quart saucepan, mix sugar and cornstarch. Stir in crushed strawberries and 1/3 cup water. Cook over medium heat, stirring constantly, until mixture boils and thickens. Stir in food color. Cool 10 minutes. Gently stir in remaining 3 cups strawberries. Spoon topping over filling. Refrigerate 1 hour or until set; serve within 4 hours. Store covered in refrigerator.

Nutrition Facts



PROTEIN 3.83% FAT 44.57% CARBS 51.6%

Properties

Glycemic Index:6.85, Glycemic Load:4.31, Inflammation Score:-3, Nutrition Score:2.9121739436751%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 258.8kcal (12.94%), Fat: 13.06g (20.09%), Saturated Fat: 5.83g (36.45%), Carbohydrates: 34.02g (11.34%), Net Carbohydrates: 33.44g (12.16%), Sugar: 23.17g (25.75%), Cholesterol: 19.64mg (6.55%), Sodium: 169mg (7.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Vitamin C: 16.95mg (20.54%), Vitamin A: 370.62IU (7.41%), Manganese: 0.11mg (5.68%), Folate: 12.99µg (3.25%), Vitamin B2: 0.05mg (3.17%), Calcium: 31.48mg (3.15%), Selenium: 1.82µg (2.6%), Vitamin E: 0.38mg (2.53%), Phosphorus: 24.81mg (2.48%), Fiber: 0.58g (2.33%), Potassium: 64.58mg (1.85%), Vitamin B1: 0.03mg (1.72%), Iron: 0.26mg (1.47%), Vitamin B5: 0.14mg (1.39%), Magnesium: 5.26mg (1.32%), Vitamin B6: 0.02mg (1.21%), Vitamin B3: 0.22mg (1.12%)