



Strawberries & Cream-Cheesy Dessert

READY IN



235 min.

SERVINGS



55

CALORIES



82 kcal

DESSERT

Ingredients

- 6 Tbsp butter melted
- 16 oz philadelphia cream cheese softened
- 1.5 cups graham cracker crumbs
- 0.3 cup milk
- 2.5 cups poached berries mixed divided sliced (blueberries, raspberries and strawberries)
- 6 oz jell-o strawberry flavor gelatin
- 0.8 cup sugar divided
- 1.5 cups water cold
- 2 cups water boiling

- 2 cups cool whip whipped topping divided thawed

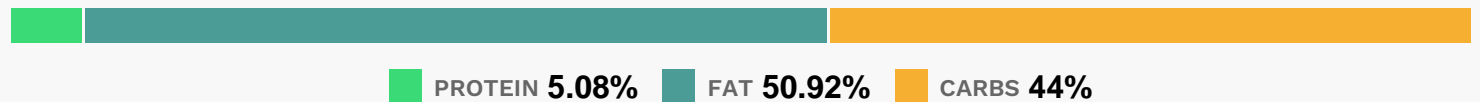
Equipment

- bowl
- frying pan
- blender

Directions

- Mix crumbs, 1/4 cup sugar and butter in 13x9-inch pan; press onto bottom of pan.
- Beat cream cheese, remaining sugar and milk in medium bowl with mixer until blended.
- Add 1 cup COOL WHIP; mix well. Carefully spread over crust. Refrigerate until ready to use.
- Meanwhile, add boiling water to gelatin mixes in large bowl; stir 2 min. until completely dissolved. Stir in cold water. Refrigerate 30 min. or until slightly thickened.
- Add 1-1/2 cups berries to gelatin; stir.
- Pour over cream cheese layer. Refrigerate 3 hours or until firm. Top with remaining COOL WHIP and berries just before serving.

Nutrition Facts



Properties

Glycemic Index:4.71, Glycemic Load:3.28, Inflammation Score:-1, Nutrition Score:0.94913044831027%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Petunidin: 1.28mg, Petunidin: 1.28mg, Petunidin: 1.28mg, Petunidin: 1.28mg Delphinidin: 1.52mg, Delphinidin: 1.52mg, Delphinidin: 1.52mg, Delphinidin: 1.52mg Malvidin: 3.5mg, Malvidin: 3.5mg, Malvidin: 3.5mg, Malvidin: 3.5mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 82.34kcal (4.12%), Fat: 4.77g (7.34%), Saturated Fat: 2.83g (17.69%), Carbohydrates: 9.27g (3.09%), Net Carbohydrates: 9g (3.27%), Sugar: 7.51g (8.35%), Cholesterol: 11.85mg (3.95%), Sodium: 68.6mg (2.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Vitamin A: 156.53IU (3.13%), Phosphorus: 22.1mg (2.21%), Vitamin B2: 0.03mg (1.96%), Selenium: 1.04µg (1.49%), Calcium: 14.62mg (1.46%), Vitamin K: 1.53µg (1.45%), Fiber: 0.27g (1.07%), Vitamin E: 0.15mg (1.03%)