



Strawberries 'N Cream Shortcake Squares

 Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



15

CALORIES



169 kcal

Ingredients

- 10.8 oz round cake cubed prepared
- 1 pkg jell-o strawberry flavor gelatin (8-serving size)
- 3 cups whipped cream softened
- 8 oz cool whip whipped topping thawed

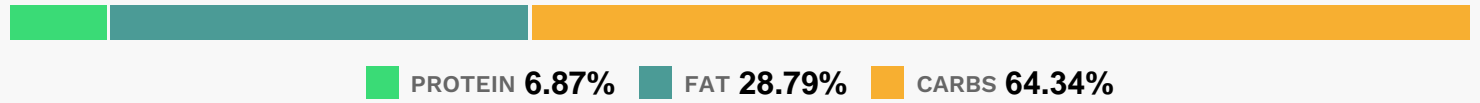
Equipment

- bowl
- frying pan

Directions

- Mix whipped topping, ice cream and dry gelatin in large bowl until well blended.
- Add cake cubes; mix well.
- Spoon into 13x9-inch pan.
- Freeze 3 hours or until firm.
- Cut into 15 squares to serve. Store leftover dessert in freezer.

Nutrition Facts



Properties

Glycemic Index:4.07, Glycemic Load:3.69, Inflammation Score:-1, Nutrition Score:2.6947825939759%

Nutrients (% of daily need)

Calories: 169.03kcal (8.45%), Fat: 5.43g (8.36%), Saturated Fat: 3.66g (22.9%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 27.03g (9.83%), Sugar: 21.5g (23.89%), Cholesterol: 32.64mg (10.88%), Sodium: 184.99mg (8.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.83%), Vitamin B2: 0.13mg (7.88%), Phosphorus: 74.73mg (7.47%), Calcium: 58.92mg (5.89%), Selenium: 3.07µg (4.38%), Vitamin B1: 0.06mg (4.23%), Iron: 0.6mg (3.33%), Vitamin A: 153.62IU (3.07%), Vitamin B12: 0.18µg (3.03%), Folate: 11.49µg (2.87%), Potassium: 88.32mg (2.52%), Vitamin B5: 0.25mg (2.51%), Manganese: 0.05mg (2.27%), Vitamin B3: 0.44mg (2.19%), Zinc: 0.3mg (2.01%), Magnesium: 7.1mg (1.78%), Vitamin E: 0.2mg (1.36%), Copper: 0.03mg (1.34%), Vitamin B6: 0.03mg (1.32%), Fiber: 0.29g (1.15%)