



Strawberry Cream Dessert

 Dairy Free

READY IN



210 min.

SERVINGS



12

CALORIES



94 kcal

Ingredients

- 2 cups ice cubes
- 3 oz ladyfingers split soft
- 2 cups strawberries divided
- 2 oz jell-o strawberry flavor gelatin sugar free
- 1.8 cups water boiling
- 8 oz cool whip lite whipped topping thawed

Equipment

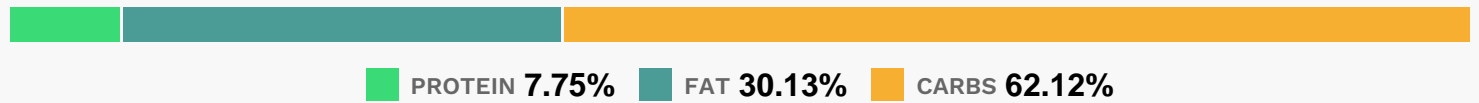
- bowl
- frying pan

- whisk
- springform pan

Directions

- Trim 3/4 inch from ends of ladyfingers; place ends on bottom of 9-inch springform pan. Stand remaining ladyfingers around side of pan, with cut sides facing in. Reserve 2 strawberries for garnish; mash remaining strawberries.
- Add boiling water to gelatin mixes in large bowl; stir 2 min. until completely dissolved.
- Add ice cubes; stir until melted.
- Add COOL WHIP and mashed strawberries; stir gently with whisk until blended. Refrigerate 10 min. or until mixture is thick enough to mound. Spoon into prepared pan.
- Refrigerate 3 hours or until firm.
- Remove side of pan.
- Garnish dessert with reserved strawberries.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0.55, Inflammation Score:-1, Nutrition Score:2.4826087303784%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg 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: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 93.89kcal (4.69%), Fat: 3.19g (4.91%), Saturated Fat: 2.39g (14.91%), Carbohydrates: 14.81g (4.94%), Net Carbohydrates: 14.26g (5.19%), Sugar: 9.7g (10.78%), Cholesterol: 16.04mg (5.35%), Sodium: 49.98mg (2.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Vitamin C: 14.11mg (17.11%), Manganese: 0.11mg (5.51%), Phosphorus: 38.67mg (3.87%), Vitamin B2: 0.05mg (3.21%), Folate: 11.93µg (2.98%), Calcium: 22.95mg (2.29%), Fiber: 0.55g (2.2%), Iron: 0.38mg (2.1%), Vitamin B1: 0.03mg (1.99%), Copper: 0.04mg (1.88%), Potassium: 64.15mg (1.83%), Magnesium: 6.13mg (1.53%), Vitamin B12: 0.09µg (1.52%), Vitamin B3: 0.26mg (1.31%), Selenium: 0.87µg (1.24%), Vitamin B6: 0.02mg (1.19%), Vitamin A: 56.27IU (1.13%), Vitamin B5: 0.11mg (1.1%), Vitamin E: 0.16mg (1.09%), Vitamin K: 1.13µg (1.08%)