

Strawberry Cream Freeze

READY IN

ready

380 min.

SERVINGS

servings

8

CALORIES

calories

286 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce philadelphia cream cheese softened
- ☐ 3.4 ounce jell-o vanilla flavor pudding instant
- ☐ 1 cup milk cold
- ☐ 20 nilla wafers
- ☐ 1 cup strawberries fresh sliced
- ☐ 0.5 cup strawberry ice cream topping
- ☐ 1.5 cups cool whip whipped topping thawed

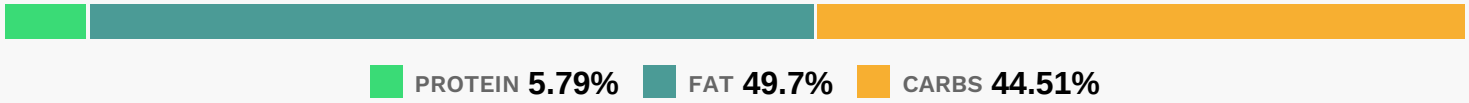
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Make the filling: Beat cream cheese in large bowl with mixer until creamy. Gradually beat in milk.
- ☐ Add dry pudding mix; beat 2 minutes. Stir in COOL WHIP, wafers and berries. Swirl in ice cream topping.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:9.65, Inflammation Score:-4, Nutrition Score:4.6313043392223%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg, Catechin: 0.56mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 285.59kcal (14.28%), Fat: 15.98g (24.58%), Saturated Fat: 9.18g (57.37%), Carbohydrates: 32.2g (10.73%), Net Carbohydrates: 31.48g (11.45%), Sugar: 21.03g (23.37%), Cholesterol: 35.12mg (11.71%), Sodium: 252.67mg (10.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.19g (8.37%), Vitamin C: 11.22mg (13.6%), Vitamin B2: 0.18mg (10.65%), Vitamin A: 469.11IU (9.38%), Phosphorus: 90.66mg (9.07%), Calcium: 88.38mg (8.84%), Vitamin B1: 0.1mg (6.5%), Folate: 21.48µg (5.37%), Selenium: 3.69µg (5.27%), Vitamin B12: 0.28µg (4.67%), Potassium: 155.43mg (4.44%), Manganese: 0.08mg (4.06%), Vitamin B5: 0.36mg (3.57%), Fiber: 0.72g (2.87%), Vitamin B3: 0.55mg (2.73%), Magnesium: 10.69mg (2.67%), Vitamin E: 0.38mg (2.54%), Vitamin B6: 0.05mg (2.49%), Vitamin D:

0.34µg (2.24%), Zinc: 0.34mg (2.24%), Vitamin K: 1.53µg (1.46%), Copper: 0.02mg (1.05%)