



Strawberry Cream Freeze: Serve it Your Way

READY IN



380 min.

SERVINGS



20

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

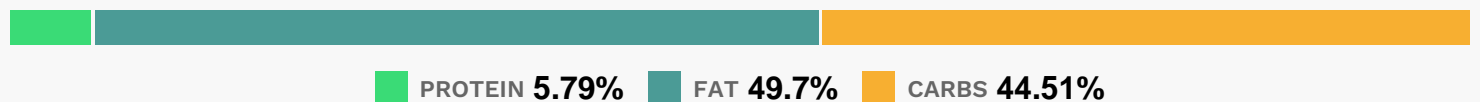
Equipment

- bowl
- blender
- muffin liners

Directions

- Beat cream cheese in large bowl with mixer until creamy. Gradually beat in milk.
- Add dry pudding mix; beat 2 min. Stir in COOL WHIP, wafers and berries. Swirl in ice cream topping.
- SERVE IT YOUR WAY!
- Spread filling into 6-oz. OREO Pie Crust. Freeze 6 hours or until firm.
- Garnish with additional berries, if desired. Makes 8 servings.
- Mini PIES: Spoon filling into 12 cupcake liners. Freeze 4 hours.
- Remove paper liners.
- Garnish desserts with additional berries, if desired. Makes 12 servings.
- Waffle BOWLS: Freeze filling 6 hours or until firm.
- Let stand 15 min. before scooping into waffle bowls. Makes 8 servings.

Nutrition Facts



Properties

Glycemic Index:9.1, Glycemic Load:3.86, Inflammation Score:-2, Nutrition Score:1.853043484947%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 114.23kcal (5.71%), Fat: 6.39g (9.83%), Saturated Fat: 3.67g (22.95%), Carbohydrates: 12.88g (4.29%), Net Carbohydrates: 12.59g (4.58%), Sugar: 8.41g (9.35%), Cholesterol: 14.05mg (4.68%), Sodium: 101.07mg (4.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.35%), Vitamin C: 4.49mg (5.44%), Vitamin B2: 0.07mg (4.26%), Vitamin A: 187.64IU (3.75%), Phosphorus: 36.26mg (3.63%), Calcium: 35.35mg (3.54%), Vitamin B1: 0.04mg (2.6%), Folate: 8.59µg (2.15%), Selenium: 1.48µg (2.11%), Vitamin B12: 0.11µg (1.87%), Potassium: 62.17mg (1.78%), Manganese: 0.03mg (1.62%), Vitamin B5: 0.14mg (1.43%), Fiber: 0.29g (1.15%), Vitamin B3: 0.22mg (1.09%), Magnesium: 4.28mg (1.07%), Vitamin E: 0.15mg (1.02%)