



Strawberry Delight Squares

READY IN



295 min.

SERVINGS



55

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 Tbsp butter melted
- 16.5 oz mandarin orange segments drained canned
- 1.5 cups graham crackers crushed
- 2 Tbsp milk
- 8 oz philadelphia neufchatel cheese softened (12 oz.)
- 0.6 oz jell-o strawberry flavor gelatin sugar free
- 0.5 cup sugar divided
- 1.5 cups water cold
- 2 cups water boiling

1 cup cool whip lite whipped topping thawed

Equipment

bowl

frying pan

whisk

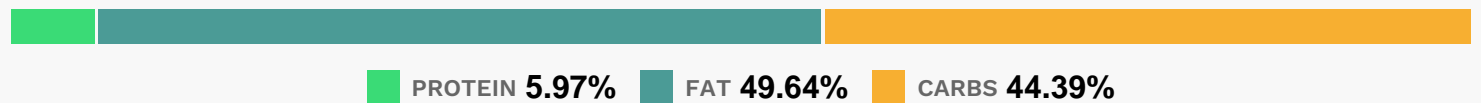
Directions

Combine graham crumbs, 1/4 cup sugar and butter; press onto bottom of 13x9-inch pan.

Beat Neufchatel, remaining sugar and milk with whisk until blended. Stir in COOL WHIP; spread over crust. Refrigerate until ready to use. Meanwhile, add boiling water to gelatin mix in large bowl; stir 2 min. until completely dissolved. Stir in cold water. Refrigerate 1-1/2 hours or until thickened. Stir in oranges. Spoon over Neufchatel layer.

Refrigerate 3 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:2.64, Inflammation Score:-2, Nutrition Score:0.8556521712276%

Nutrients (% of daily need)

Calories: 46.61kcal (2.33%), Fat: 2.62g (4.03%), Saturated Fat: 0.99g (6.16%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 5.09g (1.85%), Sugar: 3.83g (4.25%), Cholesterol: 3.14mg (1.05%), Sodium: 48.18mg (2.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.71g (1.42%), Vitamin A: 202.79IU (4.06%), Vitamin C: 2.89mg (3.5%), Phosphorus: 13.93mg (1.39%), Vitamin B2: 0.02mg (1.06%), Calcium: 10.36mg (1.04%)