



## Strawberry Dream Squares

READY IN



320 min.

SERVINGS



20

CALORIES



204 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup butter melted
- 8 oz philadelphia cream cheese softened
- 2 cups graham crackers crushed finely
- 6.8 oz jell-o vanilla flavor pudding instant
- 3.5 cups milk cold
- 1 cup strawberries frozen thawed mashed drained
- 0.3 cup sugar
- 3 cups cool whip whipped topping divided thawed

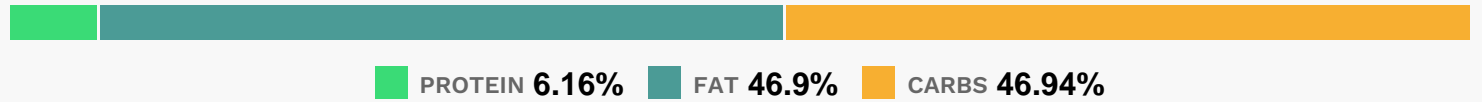
# Equipment

- bowl
- frying pan
- whisk

# Directions

- Mix graham crumbs and butter. Reserve 2 Tbsp. crumb mixture; press remaining onto bottom of 13x9-inch pan. Refrigerate while preparing filling.
- Mix cream cheese and sugar in medium bowl until blended.
- Add strawberries; mix well. Gently stir in 2 cups COOL WHIP; spread over crust.
- Beat pudding mixes and milk with whisk 2 min.; pour over cream cheese layer. Refrigerate 1 hour; top with remaining COOL WHIP and reserved crumb mixture. Refrigerate 4 hours.

# Nutrition Facts



# Properties

Glycemic Index:12.45, Glycemic Load:7.68, Inflammation Score:-3, Nutrition Score:3.4130434756694%

# 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 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: 204.33kcal (10.22%), Fat: 10.75g (16.55%), Saturated Fat: 5.14g (32.11%), Carbohydrates: 24.22g (8.07%), Net Carbohydrates: 23.71g (8.62%), Sugar: 17.7g (19.67%), Cholesterol: 16.8mg (5.6%), Sodium: 216.22mg (9.4%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.35%), Phosphorus: 84.56mg (8.46%), Calcium: 81.41mg (8.14%), Vitamin A: 365.99IU (7.32%), Vitamin B2: 0.12mg (7.14%), Vitamin C: 4.24mg (5.14%), Vitamin B12: 0.28µg (4.7%), Potassium: 120.89mg (3.45%), Vitamin B1: 0.05mg (3.43%), Magnesium: 13.29mg (3.32%), Vitamin D: 0.47µg (3.13%), Selenium: 2.19µg (3.12%), Zinc: 0.43mg (2.87%), Iron: 0.43mg (2.41%), Vitamin B6: 0.05mg (2.37%), Vitamin B5: 0.24mg (2.36%), Vitamin B3: 0.44mg (2.18%), Vitamin E: 0.31mg (2.09%), Fiber: 0.51g (2.03%), Folate: 7.26µg (1.82%), Manganese: 0.03mg (1.58%)