



## Strawberry Freeze

READY IN



375 min.

SERVINGS



15

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 12 chocolate chip cookie mix (2 inch)
- 8 oz philadelphia cream cheese softened
- 12 oz berry juice concentrate frozen thawed canned
- 1 cup strawberries crushed
- 2 cups strawberries whole cut in half
- 0.5 cup sugar
- 8 oz cool whip whipped topping thawed

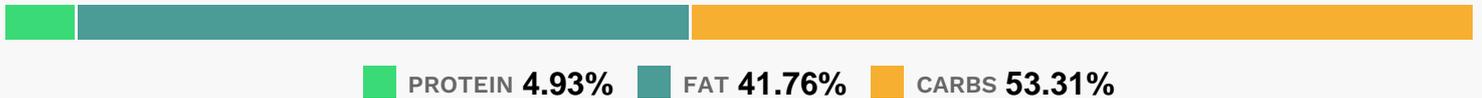
## Equipment

- bowl
- frying pan
- whisk
- blender
- springform pan

## Directions

- Arrange cookies in single layer on bottom of 9-inch springform pan.
- Beat cream cheese and sugar in large bowl with mixer until well blended. Gradually beat in juice concentrate. Stir in crushed berries.
- Whisk in COOL WHIP until well blended.
- Pour over cookies in pan.
- Freeze 6 hours or until firm.
- Remove from freezer 15 min. before serving; let stand at room temperature to soften slightly. Top with berry halves.

## Nutrition Facts



## Properties

Glycemic Index:15.05, Glycemic Load:8.31, Inflammation Score:-4, Nutrition Score:6.1317390825437%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg 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: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 199.5kcal (9.97%), Fat: 9.47g (14.56%), Saturated Fat: 5.63g (35.16%), Carbohydrates: 27.2g (9.07%), Net Carbohydrates: 26.15g (9.51%), Sugar: 21.79g (24.21%), Cholesterol: 16.28mg (5.43%), Sodium: 91.9mg (4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.03%), Vitamin C: 49.82mg (60.39%), Folate: 32.09µg (8.02%), Vitamin B1: 0.1mg (6.99%), Potassium: 238.1mg (6.8%), Vitamin B2: 0.11mg (6.56%), Manganese: 0.12mg (6.2%), Vitamin A: 303.66IU (6.07%), Phosphorus: 52.43mg (5.24%), Magnesium: 17mg (4.25%), Vitamin B6: 0.08mg (4.2%), Fiber: 1.05g (4.2%), Calcium: 38.69mg (3.87%), Vitamin E: 0.43mg (2.83%), Vitamin B3: 0.56mg (2.82%), Selenium: 1.91µg (2.73%), Vitamin B5: 0.25mg (2.49%), Iron: 0.33mg (1.85%), Copper: 0.03mg (1.6%), Vitamin K: 1.53µg (1.45%), Zinc: 0.21mg (1.41%), Vitamin B12: 0.06µg (1.06%)