



Strawberry Pretzel Salad

 Popular

READY IN



45 min.

SERVINGS



15

CALORIES



316 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup butter melted
- 8 ounce cream cheese softened
- 2 cups pretzels crushed
- 20 ounce strawberries frozen
- 6 ounce strawberry jell-o flavored
- 2 cups water boiling
- 8 ounce non-dairy whipped topping frozen thawed
- 1 cup sugar white

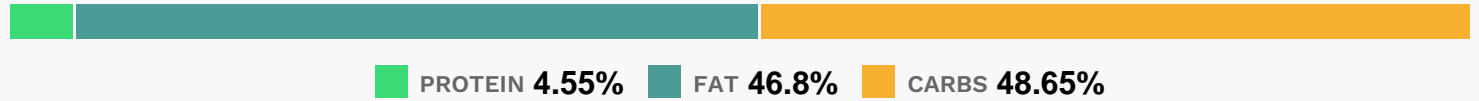
Equipment

- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 400 degrees F (200 degrees C).
- Stir together crushed pretzels, melted butter and 3 tablespoons sugar; mix well and press mixture into the bottom of a 9x13 inch baking dish.
- Bake 8 to 10 minutes, until set. Set aside to cool.
- In a large mixing bowl cream together cream cheese and 1 cup sugar. Fold in whipped topping.
- Spread mixture onto cooled crust.
- Dissolve gelatin in boiling water. Stir in still frozen strawberries and allow to set briefly. When mixture is about the consistency of egg whites, pour and spread over cream cheese layer. Refrigerate until set.

Nutrition Facts



Properties

Glycemic Index:18.01, Glycemic Load:17.21, Inflammation Score:-4, Nutrition Score:5.1247825570728%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg

Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 315.76kcal (15.79%), Fat: 16.86g (25.93%), Saturated Fat: 10.64g (66.52%), Carbohydrates: 39.43g (13.14%), Net Carbohydrates: 38.31g (13.93%), Sugar: 29.29g (32.55%), Cholesterol: 39.98mg (13.33%), Sodium: 318.54mg (13.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.37%), Vitamin C: 22.45mg (27.21%), Manganese: 0.25mg (12.44%), Vitamin A: 502.42IU (10.05%), Folate: 30.87µg (7.72%), Phosphorus: 68.81mg (6.88%), Vitamin B2: 0.1mg (6.07%), Selenium: 3.24µg (4.62%), Fiber: 1.12g (4.47%), Vitamin E: 0.63mg (4.19%), Vitamin B1: 0.06mg (4.11%), Iron: 0.7mg (3.88%), Calcium: 38.47mg (3.85%), Vitamin B3: 0.74mg (3.71%), Potassium: 120.63mg (3.45%), Copper: 0.06mg (2.92%), Magnesium: 11.2mg (2.8%), Vitamin K: 2.73µg (2.6%), Vitamin B6: 0.04mg (1.88%), Vitamin B5: 0.18mg (1.84%), Zinc: 0.27mg (1.8%), Vitamin B12: 0.08µg (1.38%)