



Strawberry Pretzel Salad

READY IN



42 min.

SERVINGS



10

CALORIES



434 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup butter melted
- ☐ 8 ounce pineapple crushed canned
- ☐ 8 ounce cream cheese
- ☐ 2 cups pretzels crushed
- ☐ 20 ounce strawberries frozen
- ☐ 6 ounce strawberry gelatin dessert mix
- ☐ 3 tablespoons sugar
- ☐ 2 cups water boiling
- ☐ 10 servings whipped cream

☐ 8 ounce non-dairy whipped topping

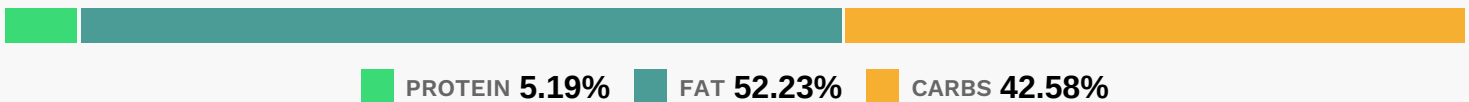
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ For the crust, mix the pretzels, butter, and 3 tablespoons of sugar. Press this mixture into a 9 by 13-inch pan and bake for 7 minutes. Set aside and allow to cool.
- ☐ In a mixing bowl, beat together the cream cheese and 3/4 cup of sugar. Fold in the whipped topping, and spread over the cooled crust. Refrigerate until well chilled.
- ☐ In a small bowl, dissolve the gelatin in the boiling water, and allow to cool slightly.
- ☐ Add the strawberries and pineapple, and pour over the cream cheese mixture. Refrigerate until serving time.
- ☐ To serve, cut slices and serve with a dollop of whipped topping.

Nutrition Facts



Properties

Glycemic Index:27.01, Glycemic Load:14.37, Inflammation Score:-6, Nutrition Score:8.2513043569482%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-

gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 434.19kcal (21.71%), Fat: 25.84g (39.76%), Saturated Fat: 16.48g (102.98%), Carbohydrates: 47.4g (15.8%), Net Carbohydrates: 45.43g (16.52%), Sugar: 31.87g (35.41%), Cholesterol: 60.05mg (20.02%), Sodium: 481.11mg (20.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.55%), Vitamin C: 35.81mg (43.4%), Manganese: 0.37mg (18.63%), Vitamin A: 768.3IU (15.37%), Folate: 47.58µg (11.89%), Phosphorus: 108.13mg (10.81%), Vitamin B2: 0.16mg (9.44%), Fiber: 1.97g (7.89%), Vitamin B1: 0.12mg (7.77%), Selenium: 4.96µg (7.08%), Vitamin E: 0.97mg (6.47%), Calcium: 64.37mg (6.44%), Iron: 1.11mg (6.16%), Potassium: 213.29mg (6.09%), Vitamin B3: 1.18mg (5.91%), Copper: 0.11mg (5.56%), Magnesium: 20.51mg (5.13%), Vitamin K: 4.39µg (4.18%), Vitamin B6: 0.07mg (3.72%), Zinc: 0.43mg (2.87%), Vitamin B5: 0.28mg (2.75%), Vitamin B12: 0.13µg (2.22%)