



## Strawberry-Pretzel Salad Dessert Squares

READY IN



310 min.

SERVINGS



10

CALORIES



261 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup cool whip free whipped topping thawed
- 2 Tbsp milk fat-free
- 0.5 cup butter melted
- 8 oz philadelphia neufchatel cheese softened (12 oz.)
- 1.5 cups pretzels crushed finely
- 4 cups strawberries fresh sliced
- 0.6 oz jell-o strawberry flavor gelatin sugar free
- 0.5 cup sugar divided
- 1.5 cups water cold

2 cups water boiling

## Equipment

bowl

frying pan

oven

## Directions

Heat oven to 350F.

Mix pretzel crumbs, 1/4 cup sugar and margarine; press onto bottom of 13x9-inch pan.

Bake 10 min. Cool.

Beat Neufchatel, remaining sugar and milk until blended. Stir in COOL WHIP; spread onto crust. Refrigerate until ready to use.

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 berries; spoon over Neufchatel layer. Refrigerate 3 hours or until firm.

## Nutrition Facts



**PROTEIN 6.3%** **FAT 51.16%** **CARBS 42.54%**

## Properties

Glycemic Index:25.33, Glycemic Load:16.23, Inflammation Score:-6, Nutrition Score:6.8230435057827%

## Flavonoids

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Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

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

Calories: 260.67kcal (13.03%), Fat: 15.24g (23.44%), Saturated Fat: 5.07g (31.68%), Carbohydrates: 28.51g (9.5%), Net Carbohydrates: 26.92g (9.79%), Sugar: 16.6g (18.44%), Cholesterol: 18.07mg (6.02%), Sodium: 350.95mg (15.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.45%), Vitamin C: 34.14mg (41.39%), Manganese: 0.34mg (16.87%), Vitamin A: 622.88IU (12.46%), Folate: 40.22µg (10.05%), Vitamin B2: 0.14mg (8.52%), Phosphorus: 73.8mg (7.38%), Fiber: 1.59g (6.36%), Calcium: 57.09mg (5.71%), Vitamin B1: 0.08mg (5.58%), Potassium: 167.56mg (4.79%), Vitamin B3: 0.94mg (4.68%), Iron: 0.82mg (4.58%), Vitamin E: 0.67mg (4.49%), Magnesium: 15.4mg (3.85%), Copper: 0.07mg (3.5%), Vitamin B12: 0.21µg (3.46%), Zinc: 0.44mg (2.92%), Vitamin B6: 0.06mg (2.86%), Selenium: 1.9µg (2.71%), Vitamin B5: 0.26mg (2.63%), Vitamin K: 2.01µg (1.92%)