



Strawberry Shortcake Squares

READY IN



195 min.

SERVINGS



15

CALORIES



264 kcal

DESSERT

Ingredients

- 6.8 oz jell-o vanilla flavor pudding instant
- 5 Tbsp butter melted
- 2.5 cups milk cold
- 3 cups strawberries fresh sliced
- 0.3 cup sugar divided
- 64 vanilla wafers divided
- 1.5 cups cool whip whipped topping thawed

Equipment

- bowl
- frying pan
- whisk

Directions

- Crush 40 wafers; mix with 3 Tbsp. sugar and margarine. Press onto bottom of 13x9-inch pan.
- Beat pudding mixes and milk in large bowl with whisk 2 min. Stir in COOL WHIP; spread half over crust. Cover with layers of remaining wafers and pudding mixture. Refrigerate 3 hours. Meanwhile, toss strawberries with remaining sugar. Refrigerate until ready to use.
- Cut dessert into squares to serve; top with berry mixture.

Nutrition Facts



Properties

Glycemic Index:15.01, Glycemic Load:17.84, Inflammation Score:-3, Nutrition Score:4.4078260945237%

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: 263.78kcal (13.19%), Fat: 10.64g (16.37%), Saturated Fat: 3.86g (24.11%), Carbohydrates: 39.97g (13.32%), Net Carbohydrates: 38.96g (14.17%), Sugar: 26.75g (29.72%), Cholesterol: 5.29mg (1.76%), Sodium: 249.7mg (10.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.86g (5.71%), Vitamin C: 16.94mg (20.54%), Vitamin

B1: 0.14mg (9.28%), Vitamin B2: 0.13mg (7.77%), Folate: 29.71µg (7.43%), Phosphorus: 65.62mg (6.56%), Calcium: 62.03mg (6.2%), Manganese: 0.11mg (5.7%), Vitamin A: 241.81IU (4.84%), Vitamin B3: 0.83mg (4.14%), Fiber: 1.01g (4.05%), Vitamin B12: 0.24µg (3.99%), Potassium: 138.74mg (3.96%), Vitamin D: 0.45µg (2.98%), Magnesium: 9.29mg (2.32%), Vitamin B6: 0.04mg (2.01%), Vitamin B5: 0.19mg (1.92%), Vitamin E: 0.29mg (1.91%), Selenium: 1.2µg (1.72%), Zinc: 0.22mg (1.45%)