



Strawberry Whipped Sensation

READY IN



380 min.

SERVINGS



12

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 8 oreo chocolate sandwich cookies finely chopped
- ☐ 0.3 cup juice of lemon
- ☐ 4 cups strawberries fresh divided
- ☐ 14 ounce condensed milk sweetened eagle brand® canned
- ☐ 8 ounce cool whip whipped topping divided thawed

Equipment

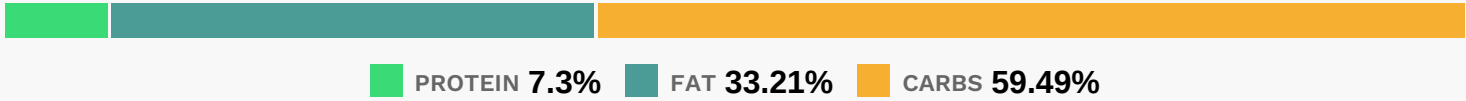
- ☐ bowl

- ☐ frying pan
- ☐ loaf pan
- ☐ aluminum foil

Directions

- ☐ Line 9x5-inch loaf pan with foil, with ends of foil extending over sides of pan. Mash 2 cups of the strawberries in large bowl.
- ☐ Add condensed milk, juice and 2 cups of the whipped topping; mix well.
- ☐ Pour into prepared pan.
- ☐ Mix chopped cookies and butter. Spoon over whipped topping mixture. Cover with ends of foil and gently press cookie mixture into whipped topping mixture. Freeze 6 hours or until firm.
- ☐ Invert dessert onto serving plate when ready to serve; remove pan and foil.
- ☐ Spread remaining whipped topping onto top and sides of dessert. Slice remaining 2 cups strawberries; arrange over dessert. Store leftovers in freezer.

Nutrition Facts



Properties

Glycemic Index:12.58, Glycemic Load:12.07, Inflammation Score:-3, Nutrition Score:6.6821737781815%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg

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Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg Gallocatechin: 0.01mg,
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Nutrients (% of daily need)

Calories: 210.47kcal (10.52%), Fat: 7.98g (12.28%), Saturated Fat: 5.01g (31.33%), Carbohydrates: 32.17g (10.72%),
Net Carbohydrates: 30.96g (11.26%), Sugar: 28.18g (31.32%), Cholesterol: 14.13mg (4.71%), Sodium: 94.68mg (4.12%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.9%), Vitamin C: 31.05mg (37.64%), Manganese: 0.24mg
(12.11%), Phosphorus: 117.31mg (11.73%), Calcium: 117.3mg (11.73%), Vitamin B2: 0.19mg (10.9%), Selenium: 5.97µg
(8.53%), Iron: 1.25mg (6.95%), Potassium: 239.47mg (6.84%), Folate: 21.66µg (5.41%), Magnesium: 20.25mg
(5.06%), Fiber: 1.21g (4.83%), Vitamin B1: 0.06mg (4.14%), Vitamin K: 4.13µg (3.94%), Vitamin E: 0.52mg (3.46%),
Vitamin B5: 0.34mg (3.4%), Vitamin B12: 0.19µg (3.09%), Zinc: 0.46mg (3.07%), Copper: 0.06mg (2.87%), Vitamin
A: 137.67IU (2.75%), Vitamin B3: 0.49mg (2.43%), Vitamin B6: 0.05mg (2.37%)