



Ultimo's No-Bake Blueberry Squares

READY IN



75 min.

SERVINGS



16

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups blueberries frozen
- ☐ 0.5 cup butter melted
- ☐ 8 ounce cream cheese softened
- ☐ 1.5 cups graham cracker crumbs
- ☐ 0.5 teaspoon juice of lemon
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 8 ounce non-dairy whipped topping frozen thawed
- ☐ 1 cup sugar white

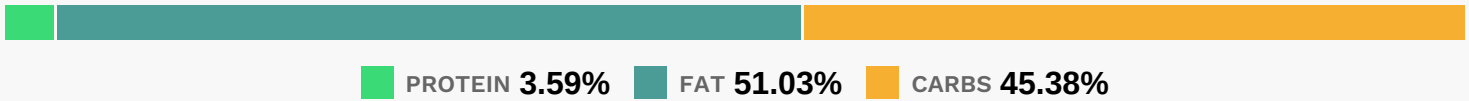
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ In a medium bowl, stir together the graham cracker crumbs and 3 tablespoons of sugar.
- ☐ Mix in the melted butter.
- ☐ Sprinkle evenly into the bottom of a 9 inch square baking dish, and pack down into a solid crust.
- ☐ In a large bowl, beat cream cheese with 1 cup of sugar until smooth. Stir in salt and lemon juice. Fold in the whipped topping until well blended, then fold in the frozen blueberries. Spoon over the crust in the baking dish, and spread evenly. Cover with plastic wrap and refrigerate for at least 1 hour before slicing into squares and serving.

Nutrition Facts



Properties

Glycemic Index:13.19, Glycemic Load:14.52, Inflammation Score:-4, Nutrition Score:2.8821739165679%

Flavonoids

Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg, Cyanidin: 2.35mg Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg, Petunidin: 8.75mg Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg, Delphinidin: 9.83mg Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg, Malvidin: 18.76mg Peonidin: 5.63mg, Peonidin: 5.63mg, Peonidin: 5.63mg, Peonidin: 5.63mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 231.17kcal (11.56%), Fat: 13.36g (20.56%), Saturated Fat: 5.78g (36.13%), Carbohydrates: 26.74g (8.91%), Net Carbohydrates: 25.81g (9.38%), Sugar: 21g (23.33%), Cholesterol: 14.6mg (4.87%), Sodium: 210.29mg (9.14%), Alcohol: 0.17g (100%), Alcohol %: 0.26% (100%), Protein: 2.12g (4.23%), Vitamin A: 469.59IU (9.39%), Vitamin K: 6.11µg (5.82%), Manganese: 0.1mg (4.83%), Vitamin B2: 0.08mg (4.77%), Phosphorus: 46.57mg (4.66%), Vitamin E: 0.57mg (3.81%), Fiber: 0.93g (3.74%), Calcium: 34.04mg (3.4%), Vitamin C: 2.77mg (3.35%), Iron: 0.44mg (2.44%), Selenium: 1.66µg (2.37%), Vitamin B1: 0.04mg (2.34%), Vitamin B3: 0.44mg (2.22%), Magnesium: 8.86mg (2.22%), Potassium: 72.47mg (2.07%), Zinc: 0.28mg (1.89%), Folate: 7.09µg (1.77%), Vitamin B6: 0.03mg (1.7%), Vitamin B5: 0.12mg (1.22%), Copper: 0.02mg (1.17%), Vitamin B12: 0.07µg (1.11%)