

# Frosty Strawberry Squares

*Paula Macri - Gattuso's Italian Market  
Scripps Treasure Coast Newspapers*

*1 cup flour  
1/4 cup brown sugar  
1/2 cup chopped pecans  
1/2 cup butter, melted  
1 cup whipping cream, whipped  
2 large egg whites  
1 cup sugar  
2 cups fresh strawberries, sliced  
2 tablespoons fresh lemon juice*

Preheat the oven to 350 degrees.

In a mixing bowl, sift together the flour and brown sugar. Add the pecans and melted butter. Spread the mixture into a shallow baking pan.

Bake for about 10 to 15 minutes, stirring occasionally to make crumbs.

In a 9x12-inch pan, sprinkle two-thirds of the crumbs into the pan.

In a large bowl, mix together the egg whites, sugar, strawberries and lemon juice. With an electric mixer on high speed, beat the mixture for about 10 minutes to form stiff peaks. Fold in the whipped cream. Spoon the mixture over the crumbs in the pan. Top with the remaining crumbs.

Place in the freezer overnight.

Remove from the freezer and cut into 10- to 12-inch squares.

Serve on a plate garnished with strawberries, if desired.

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Per Serving (excluding unknown items): 3525 Calories; 222g Fat (55.3% calories from fat); 32g Protein; 372g Carbohydrate; 15g Dietary Fiber; 575mg Cholesterol; 1158mg Sodium. Exchanges: 7 Grain(Starch); 1 Lean Meat; 1 1/2 Fruit; 1/2 Non-Fat Milk; 44 Fat; 15 1/2 Other Carbohydrates.

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	3525	<b>Vitamin B6 (mg):</b>	.2mg
<b>% Calories from Fat:</b>	55.3%	<b>Vitamin B12 (mcg):</b>	.7mcg
<b>% Calories from Carbohydrates:</b>	41.1%	<b>Thiamin B1 (mg):</b>	1.5mg
<b>% Calories from Protein:</b>	3.6%	<b>Riboflavin B2 (mg):</b>	1.3mg
<b>Total Fat (g):</b>	222g	<b>Folacin (mcg):</b>	126mcg
<b>Saturated Fat (g):</b>	115g	<b>Niacin (mg):</b>	9mg
<b>Monounsaturated Fat (g):</b>	77g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	18g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	575mg	<b>% Daily Values:</b>	n n%
<b>Carbohydrate (g):</b>	372g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	15g	<b>Grain (Starch):</b>	7
<b>Protein (g):</b>	32g	<b>Lean Meat:</b>	1
<b>Sodium (mg):</b>	1158mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	1329mg	<b>Fruit:</b>	1 1/2
<b>Calcium (mg):</b>	301mg	<b>Non-Fat Milk:</b>	1/2
<b>Iron (mg):</b>	9mg	<b>Fat:</b>	44
<b>Zinc (mg):</b>	5mg	<b>Other Carbohydrates:</b>	15 1/2
<b>Vitamin C (mg):</b>	184mg		
<b>Vitamin A (i.u.):</b>	7128IU		
<b>Vitamin A (r.e.):</b>	1877 1/2RE		

**Nutrition Facts**

<b>Amount Per Serving</b>	
<b>Calories</b> 3525	Calories from Fat: 1950
<b>% Daily Values*</b>	
<b>Total Fat</b> 222g	342%
Saturated Fat 115g	577%
<b>Cholesterol</b> 575mg	192%
<b>Sodium</b> 1158mg	48%
<b>Total Carbohydrates</b> 372g	124%
Dietary Fiber 15g	60%
<b>Protein</b> 32g	
<b>Vitamin A</b>	143%
<b>Vitamin C</b>	307%
<b>Calcium</b>	30%
<b>Iron</b>	51%

\* Percent Daily Values are based on a 2000 calorie diet.