

Better Choice Quick & Easy Layered Dessert

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



211 kcal

DESSERT

Ingredients

- 0.5 cup chocolate syrup
- 2 cups milk fat-free cold
- 1.4 oz jell-o chocolate flavor pudding fat free sugar free instant
- 10.5 oz round cake fat-free prepared cut into 1/2-inch cubes
- 8 oz cool whip lite whipped topping thawed

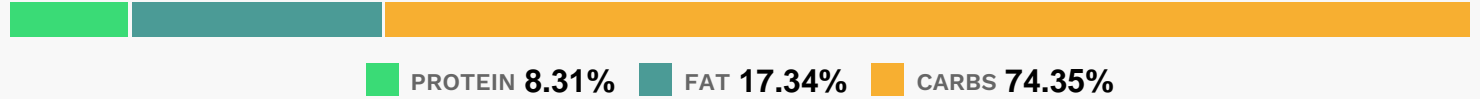
Equipment

- bowl
- whisk

Directions

- Beat pudding mix and milk with whisk 2 min.
- Place half the cake cubes in 3-qt. serving bowl; drizzle with 1/4 cup chocolate syrup. Cover with layers of 1 cup pudding and 1-1/2 cups COOL WHIP. Repeat layers.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0.8, Inflammation Score:-2, Nutrition Score:4.9052174159366%

Nutrients (% of daily need)

Calories: 210.64kcal (10.53%), Fat: 4.06g (6.24%), Saturated Fat: 2.94g (18.35%), Carbohydrates: 39.16g (13.05%), Net Carbohydrates: 38.48g (13.99%), Sugar: 28.89g (32.1%), Cholesterol: 32.29mg (10.76%), Sodium: 289.38mg (12.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.75%), Phosphorus: 132.2mg (13.22%), Calcium: 104.2mg (10.42%), Vitamin B2: 0.17mg (10.26%), Vitamin B1: 0.11mg (7.07%), Manganese: 0.14mg (6.79%), Vitamin B12: 0.4µg (6.68%), Iron: 1.2mg (6.67%), Selenium: 4.54µg (6.49%), Copper: 0.11mg (5.63%), Magnesium: 22.28mg (5.57%), Potassium: 177.17mg (5.06%), Folate: 16.07µg (4.02%), Vitamin D: 0.6µg (3.99%), Vitamin B3: 0.71mg (3.56%), Zinc: 0.53mg (3.53%), Vitamin A: 162.58IU (3.25%), Vitamin B5: 0.32mg (3.2%), Fiber: 0.68g (2.73%), Vitamin B6: 0.05mg (2.49%), Vitamin E: 0.19mg (1.27%)