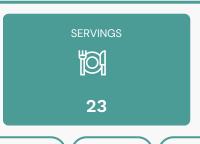


Boston Cream Dessert Cups







MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

17.5 oz sugar cookie mix
0.5 cup butter softened
1 eggs
2 tablespoons sugar
16 oz cream cheese softened
0.5 cup sugar
1 tablespoon flour all-purpose
1 tablespoon milk

0.5 cup cream sour

	2 eggs
	1 box vanilla pudding instant (4-serving size)
	16 oz chocolate frosting
Eq	Juipment
	bowl
	frying pan
	oven
	hand mixer
	aluminum foil
	microwave
	muffin liners
Diı	rections
	Heat oven to 350°F. Line 23 regular-size muffin cups with paper baking cups. Lightly spray baking cups with cooking spray.
	In large bowl, stir cookie mix, butter and egg until dough forms. Shape dough into 23 (11/2-inch) balls.
	Place 1 ball in each baking cup. Moisten bottom of small flat-bottomed glass with drop of water, then dip into 2 tablespoons sugar. Press glass on dough balls to flatten slightly, dipping glass in sugar after each dough ball.
	In same large bowl, beat cream cheese, 1/2 cup sugar, the flour and milk with electric mixer or medium speed until smooth. Beat in sour cream. On low speed, beat in eggs, one at a time, just until blended. Stir in dry pudding mix until well blended. Spoon about 2 tablespoons filling over dough in each cup.
	Bake 25 to 30 minutes or until set. Cool 30 minutes; remove from pan.
	Open container of frosting; remove foil lid. Microwave uncovered on High 30 seconds to soften frosting; stir until smooth. Spoon about 1 tablespoon frosting onto center of each cookie cup. Refrigerate about 1 hour or until set. Store covered in refrigerator. If desired, remove from paper baking cups to serve.

Nutrition Facts

Properties

Glycemic Index:12.18, Glycemic Load:4.25, Inflammation Score:-3, Nutrition Score:2.6613043575831%

Nutrients (% of daily need)

Calories: 323.81kcal (16.19%), Fat: 16.97g (26.1%), Saturated Fat: 6.6g (41.25%), Carbohydrates: 41.13g (13.71%), Net Carbohydrates: 40.92g (14.88%), Sugar: 31.05g (34.49%), Cholesterol: 44.3mg (14.77%), Sodium: 242.69mg (10.55%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 3.16g (6.31%), Vitamin A: 504.77IU (10.1%), Selenium: 3.99µg (5.71%), Vitamin B2: 0.1mg (5.68%), Phosphorus: 54.07mg (5.41%), Vitamin E: 0.71mg (4.73%), Calcium: 31.57mg (3.16%), Iron: 0.5mg (2.8%), Manganese: 0.05mg (2.72%), Copper: 0.05mg (2.49%), Potassium: 83.2mg (2.38%), Vitamin B5: 0.23mg (2.31%), Folate: 9.07µg (2.27%), Vitamin B12: 0.11µg (1.89%), Magnesium: 7.4mg (1.85%), Vitamin B1: 0.03mg (1.78%), Zinc: 0.25mg (1.68%), Vitamin B6: 0.02mg (1.24%)