



Boston Cream Dessert Cups

READY IN



165 min.

SERVINGS



23

CALORIES



324 kcal

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

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer
- ☐ aluminum foil
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ 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 (1 1/2-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 on 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



 **PROTEIN 3.83%**  **FAT 46.29%**  **CARBS 49.88%**

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: 0g (100%), Alcohol %: 0% (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%)