



Boston Cream Pie Made Over

READY IN



75 min.

SERVINGS



15

CALORIES



86 kcal

Ingredients

- 10 oz round angel food cake
- 1.5 cups milk fat-free cold
- 1 oz jell-o vanilla flavor pudding fat free sugar free instant
- 1 oz baker's semi-sweet chocolate chopped
- 1 cup cool whip lite whipped topping divided thawed

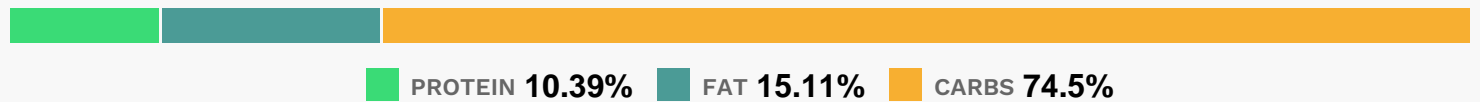
Equipment

- bowl
- whisk
- microwave

Directions

- Beat pudding mix and milk in medium bowl with whisk 2 min. Stir in 1/2 cup COOL WHIP.
- Stack cake layers on serving plate, spreading pudding mixture between layers.
- Microwave chocolate and remaining COOL WHIP in microwaveable bowl on HIGH 30 sec.; stir until chocolate is completely melted and mixture is well blended. Spoon over cake. Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:2.22, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:1.9591304219287%

Nutrients (% of daily need)

Calories: 86.21kcal (4.31%), Fat: 1.46g (2.25%), Saturated Fat: 1g (6.27%), Carbohydrates: 16.23g (5.41%), Net Carbohydrates: 16.03g (5.83%), Sugar: 10.38g (11.53%), Cholesterol: 0.95mg (0.32%), Sodium: 122.41mg (5.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.53%), Phosphorus: 78.71mg (7.87%), Calcium: 53.03mg (5.3%), Selenium: 3.68µg (5.25%), Vitamin B2: 0.07mg (4.24%), Vitamin B12: 0.16µg (2.69%), Potassium: 82.57mg (2.36%), Magnesium: 8.13mg (2.03%), Vitamin B1: 0.03mg (1.95%), Manganese: 0.04mg (1.89%), Copper: 0.04mg (1.89%), Vitamin D: 0.27µg (1.8%), Zinc: 0.19mg (1.27%), Vitamin B5: 0.11mg (1.14%), Vitamin A: 54.63IU (1.09%)