

# Butter Crunch Pudding

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



600 kcal

DESSERT

## Ingredients

- 0.3 cup brown sugar packed
- 0.5 cup butter cold cubed
- 0.5 cup coconut flakes flaked
- 1 cup flour all-purpose
- 3.4 ounces reg. size containers lemon pudding instant
- 2 cups milk cold

## Equipment

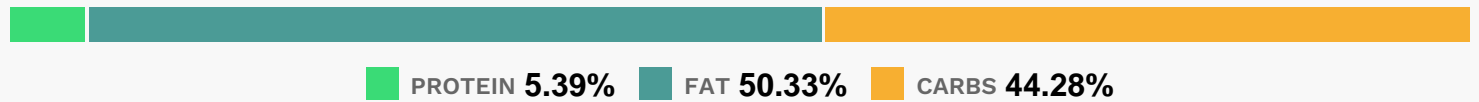
- bowl

- oven
- whisk
- baking pan

## Directions

- In a large bowl, combine flour, coconut and brown sugar; cut in butter until crumbly.
- Spread the crumb mixture on a 15-in. x 10-in. x 1-in. baking pan.
- Bake at 375° for 15 minutes, stirring once. Cool slightly.
- Meanwhile, in a another large bowl, whisk milk and pudding mix for 2 minutes.
- Let stand for 2 minutes or until soft-set; chill for 5 minutes.
- Spoon half of the crumbs into each of four dessert bowls. Top with pudding and remaining crumb mixture.

## Nutrition Facts



## Properties

Glycemic Index:40.75, Glycemic Load:19.43, Inflammation Score:-6, Nutrition Score:11.489130401093%

## Nutrients (% of daily need)

Calories: 600.25kcal (30.01%), Fat: 34.2g (52.61%), Saturated Fat: 22.98g (143.64%), Carbohydrates: 67.68g (22.56%), Net Carbohydrates: 65.08g (23.67%), Sugar: 20.09g (22.32%), Cholesterol: 75.65mg (25.22%), Sodium: 359.15mg (15.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.49%), Manganese: 0.52mg (26.22%), Selenium: 15.59µg (22.27%), Vitamin B1: 0.32mg (21.51%), Vitamin B2: 0.35mg (20.52%), Phosphorus: 186.94mg (18.69%), Vitamin A: 906.73IU (18.13%), Calcium: 176.94mg (17.69%), Folate: 59.13µg (14.78%), Vitamin B12: 0.71µg (11.78%), Iron: 1.95mg (10.82%), Fiber: 2.6g (10.4%), Vitamin B3: 2.07mg (10.34%), Vitamin D: 1.34µg (8.95%), Potassium: 300.43mg (8.58%), Magnesium: 33.85mg (8.46%), Vitamin B5: 0.73mg (7.34%), Copper: 0.14mg (7.15%), Zinc: 0.97mg (6.45%), Vitamin B6: 0.13mg (6.39%), Vitamin E: 0.78mg (5.23%), Vitamin K: 2.48µg (2.36%)