



## Butterfinger Dessert Weight Watchers 4 Ww Pts

READY IN



10 min.

SERVINGS



15

CALORIES



192 kcal

DESSERT

### Ingredients

- 1 angel food cake prepared
- 1 ounce vanilla pudding mix fat-free sugar-free (larger size)
- 16 ounce cool whip fat-free
- 8.5 ounce size butterfinger candy bars
- 1.5 cups skim milk

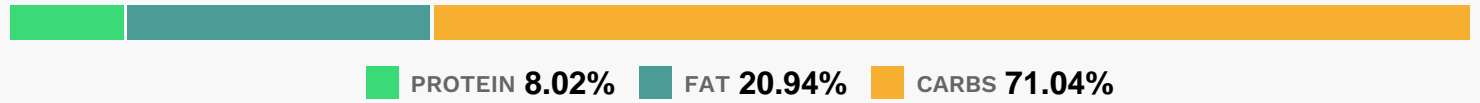
### Equipment

- frying pan

## Directions

- Spray a 9 x 13" pan with cooking spray.
- Tear angel food cake into bite size pieces.
- Prepare pudding with 1-1/2 cups of skim milk and mix with 2 containers of Cool Whip Free.
- Crush candy bars.
- Layer 1/2 cake, 1/2 of pudding mixture and 1/2 of crushed Butterfingers. Repeat layer.

## Nutrition Facts



## Properties

Glycemic Index:2.22, Glycemic Load:0.4, Inflammation Score:-1, Nutrition Score:4.2839130189108%

## Nutrients (% of daily need)

Calories: 192.13kcal (9.61%), Fat: 4.64g (7.13%), Saturated Fat: 2.42g (15.1%), Carbohydrates: 35.39g (11.8%), Net Carbohydrates: 34.91g (12.69%), Sugar: 20.36g (22.63%), Cholesterol: 5.57mg (1.86%), Sodium: 265.59mg (11.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8%), Vitamin B2: 0.27mg (15.91%), Phosphorus: 114.95mg (11.49%), Vitamin B12: 0.6µg (10.05%), Calcium: 89.82mg (8.98%), Selenium: 5.33µg (7.62%), Vitamin B1: 0.09mg (6.31%), Manganese: 0.09mg (4.69%), Potassium: 139.52mg (3.99%), Magnesium: 14.88mg (3.72%), Folate: 13.08µg (3.27%), Vitamin B6: 0.06mg (3.18%), Vitamin B3: 0.6mg (3%), Zinc: 0.39mg (2.63%), Copper: 0.05mg (2.63%), Vitamin A: 102.9IU (2.06%), Vitamin E: 0.31mg (2.04%), Fiber: 0.49g (1.95%), Vitamin D: 0.27µg (1.8%), Vitamin B5: 0.17mg (1.72%), Iron: 0.19mg (1.05%)