

## Butterscotch Pecan Dessert

READY IN



35 min.

SERVINGS



20

CALORIES



201 kcal

DESSERT

### Ingredients

- 0.5 cup butter cold cubed
- 1 cup powdered sugar
- 8 ounces cream cheese softened
- 1 cup flour all-purpose
- 3.5 cups milk 2% cold
- 0.8 cup pecans divided chopped
- 8 ounces non-dairy whipped topping frozen divided thawed

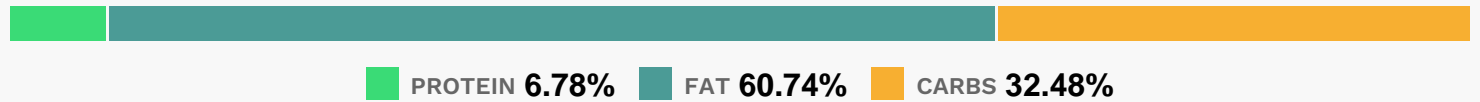
### Equipment

- bowl
- oven
- whisk
- baking pan

## Directions

- In a small bowl, cut the butter into the flour until crumbly; stir in 1/2 cup pecans. Press into an ungreased 13-in. x 9-in. baking dish.
- Bake at 350° for 20 minutes or until lightly browned. Cool.
- In a small bowl, beat cream cheese and sugar until fluffy. Fold in 1 cup whipped topping; spread over crust.
- In a large bowl, whisk milk and pudding mix for 2 minutes.
- Let stand for 2 minutes or until soft-set; pour over cream cheese layer. Refrigerate for 15–20 minutes or until set. Top with remaining whipped topping and pecans. Refrigerate for 1–2 hours.

## Nutrition Facts



## Properties

Glycemic Index:8.1, Glycemic Load:3.64, Inflammation Score:-3, Nutrition Score:4.0291303979314%

## Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

## Nutrients (% of daily need)

Calories: 200.76kcal (10.04%), Fat: 13.81g (21.25%), Saturated Fat: 7.27g (45.44%), Carbohydrates: 16.61g (5.54%), Net Carbohydrates: 16.05g (5.84%), Sugar: 11.24g (12.49%), Cholesterol: 27.19mg (9.06%), Sodium: 99.92mg (4.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.94%), Manganese: 0.23mg (11.69%), Vitamin

B2: 0.15mg (8.94%), Phosphorus: 77.96mg (7.8%), Calcium: 73.83mg (7.38%), Vitamin A: 346.92IU (6.94%), Selenium: 4.65µg (6.64%), Vitamin B1: 0.1mg (6.49%), Vitamin B12: 0.28µg (4.6%), Folate: 15.93µg (3.98%), Zinc: 0.5mg (3.34%), Copper: 0.06mg (3.21%), Magnesium: 12.79mg (3.2%), Potassium: 109.17mg (3.12%), Vitamin B5: 0.28mg (2.81%), Vitamin B3: 0.48mg (2.39%), Iron: 0.43mg (2.39%), Vitamin E: 0.36mg (2.39%), Fiber: 0.56g (2.24%), Vitamin B6: 0.04mg (1.79%), Vitamin K: 1.24µg (1.18%)