



## Cafe Ladyfinger Dessert

READY IN



80 min.

SERVINGS



12

CALORIES



141 kcal

### Ingredients

- 1 cup yuban coffee cooled divided brewed
- 8 oz philadelphia cream cheese fat free softened
- 8 oz cool whip free whipped topping divided thawed
- 2 cups milk fat-free cold
- 3 oz jell-o vanilla flavor pudding fat free sugar free instant
- 6 oz ladyfingers split

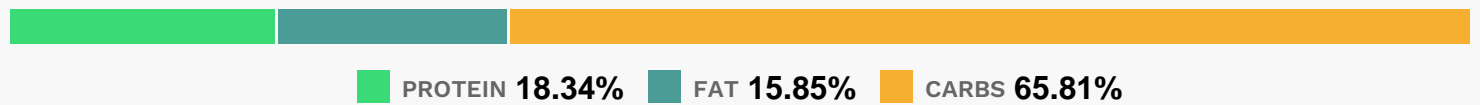
### Equipment

- bowl
- whisk

## Directions

- Brush cut sides of ladyfingers evenly with 1/4 cup coffee; arrange on bottom and up side of 2-qt. bowl.
- Beat cream cheese and remaining coffee in large bowl with whisk until blended. Gradually beat in milk.
- Add dry pudding mixes; beat 2 min. Stir in half the COOL WHIP; spoon into prepared bowl.
- Refrigerate 1 hour. Top with remaining COOL WHIP just before serving.

## Nutrition Facts



## Properties

Glycemic Index:2.77, Glycemic Load:0.66, Inflammation Score:-2, Nutrition Score:5.1434782335292%

## Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg  
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:  
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:  
0.01mg

## Nutrients (% of daily need)

Calories: 140.69kcal (7.03%), Fat: 2.49g (3.83%), Saturated Fat: 1.18g (7.4%), Carbohydrates: 23.26g (7.75%), Net  
Carbohydrates: 23g (8.36%), Sugar: 11.74g (13.05%), Cholesterol: 37.84mg (12.61%), Sodium: 229.26mg (9.97%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.9mg (2.63%), Protein: 6.48g (12.96%), Phosphorus: 180.65mg  
(18.06%), Vitamin B2: 0.3mg (17.48%), Calcium: 148.06mg (14.81%), Vitamin B12: 0.8µg (13.37%), Vitamin B1: 0.1mg  
(6.76%), Folate: 21.95µg (5.49%), Vitamin B5: 0.51mg (5.13%), Potassium: 168.26mg (4.81%), Zinc: 0.69mg (4.62%),  
Vitamin A: 205.2IU (4.1%), Vitamin B6: 0.07mg (3.69%), Selenium: 2.37µg (3.39%), Magnesium: 12.86mg (3.22%),  
Iron: 0.56mg (3.09%), Vitamin D: 0.45µg (2.99%), Vitamin B3: 0.5mg (2.48%), Manganese: 0.04mg (2.18%), Copper:  
0.03mg (1.33%), Fiber: 0.26g (1.04%)