



## Cappuccino Bars

READY IN



200 min.

SERVINGS



20

CALORIES



247 kcal

BEVERAGE

DRINK

## Ingredients

- 16 oz philadelphia cream cheese softened
- 15 graham crackers
- 0.3 tsp ground cinnamon
- 11.7 oz jell-o chocolate flavor pudding instant
- 1 Tbsp maxwell house coffee instant
- 3.5 cups milk cold divided
- 1 oz baker's semi-sweet chocolate grated
- 8 oz cool whip whipped topping divided thawed

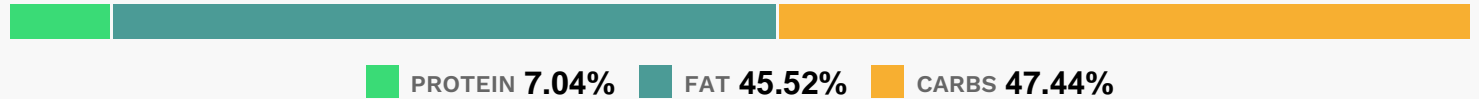
## Equipment

- bowl
- frying pan
- blender

## Directions

- Arrange half the grahams in single layer on bottom of 13x9-inch pan, cutting grahams to fit if necessary.
- Beat cream cheese in large bowl with mixer until creamy. Gradually beat in 1 cup milk.
- Add dry pudding mixes, coffee granules, cinnamon and remaining milk; beat 1 to 2 min. or until blended. (
- Mixture will be thick.) Gently stir in 2 cups COOL WHIP.
- Spread half the pudding mixture over grahams in pan; cover with remaining grahams, pudding mixture and COOL WHIP.
- Sprinkle with grated chocolate. Freeze several hours or until firm.

## Nutrition Facts



## Properties

Glycemic Index:7.2, Glycemic Load:6.75, Inflammation Score:-3, Nutrition Score:4.4365217322889%

## Nutrients (% of daily need)

Calories: 246.78kcal (12.34%), Fat: 12.56g (19.33%), Saturated Fat: 7.27g (45.44%), Carbohydrates: 29.46g (9.82%), Net Carbohydrates: 28.37g (10.32%), Sugar: 19.77g (21.97%), Cholesterol: 28.34mg (9.45%), Sodium: 402.03mg (17.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.23mg (3.41%), Protein: 4.37g (8.74%), Phosphorus: 113.4mg (11.34%), Calcium: 94.41mg (9.44%), Vitamin B2: 0.16mg (9.21%), Vitamin A: 382.96IU (7.66%), Magnesium: 24.95mg (6.24%), Potassium: 180.19mg (5.15%), Selenium: 3.6µg (5.14%), Vitamin B12: 0.31µg (5.1%), Manganese: 0.09mg (4.69%), Iron: 0.79mg (4.37%), Fiber: 1.08g (4.34%), Zinc: 0.65mg (4.3%), Copper: 0.09mg (4.28%), Vitamin B1: 0.06mg (3.83%), Vitamin D: 0.47µg (3.13%), Vitamin B3: 0.6mg (2.98%), Vitamin B5: 0.3mg (2.97%), Vitamin B6: 0.05mg (2.71%), Vitamin E: 0.29mg (1.96%), Folate: 7.71µg (1.93%), Vitamin K: 1.33µg (1.27%)