



Cappuccino Cheesecake Frozen Dessert

 Gluten Free

READY IN



260 min.

SERVINGS



20

CALORIES



138 kcal

DESSERT

Ingredients

- 5 Tbsp butter melted
- 11.1 oz jell-o no bake real cheesecake dessert
- 1.5 cups milk cold
- 0.3 cup maxwell house international suisse mocha divided
- 2 Tbsp sugar
- 8 oz cool whip whipped topping thawed

Equipment

- bowl

- frying pan
- blender
- loaf pan
- aluminum foil

Directions

- Line 9x5-inch loaf pan with foil, with ends of foil extending over long sides of pan.
- Mix Crust
- Mix, butter, 2 Tbsp. of the flavored instant coffee and sugar with fork in medium bowl until crumbs are evenly moistened. Press 1/2 cup crumb mixture onto bottom of prepared pan; reserve remaining crumb mixture for later use.
- Beat milk, Filling
- Mix and remaining flavored instant coffee in medium bowl with mixer on low speed until blended. Beat on medium speed 3 min. (Filling will be thick.) Gently stir in COOL WHIP. Spoon 1/3 of the COOL WHIP mixture over crust in pan; sprinkle with 1/3 of the reserved crumb mixture. Repeat layers twice; cover.
- Freeze 4 hours or until firm. Use foil handles to lift dessert from pan.
- Let stand at room temperature 10 min. to soften slightly before slicing to serve.

Nutrition Facts



Properties

Glycemic Index:5.4, Glycemic Load:1.16, Inflammation Score:-1, Nutrition Score:1.4078260936329%

Nutrients (% of daily need)

Calories: 137.59kcal (6.88%), Fat: 5.53g (8.51%), Saturated Fat: 2.53g (15.78%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 20.11g (7.31%), Sugar: 19.19g (21.33%), Cholesterol: 2.7mg (0.9%), Sodium: 121.99mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.83mg (5.94%), Protein: 2.36g (4.72%), Phosphorus: 52.73mg (5.27%), Calcium: 34.22mg (3.42%), Vitamin A: 163.23IU (3.26%), Vitamin B2: 0.05mg (2.89%), Selenium: 1.74µg (2.49%), Vitamin B12: 0.13µg (2.08%), Copper: 0.03mg (1.6%), Magnesium: 5.68mg (1.42%), Potassium: 48.77mg (1.39%), Vitamin D: 0.2µg (1.34%), Vitamin E: 0.18mg (1.19%)