



Caramel Apple Dessert

READY IN



315 min.

SERVINGS



16

CALORIES



300 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 0.5 cup caramel ice cream topping divided
- 8 oz philadelphia cream cheese softened
- 6.8 oz jell-o vanilla flavor pudding instant
- 3.3 cups milk divided
- 0.3 cup planters cocktail peanuts
- 1 apples green red
- 0.3 cup sugar
- 2 cups vanilla wafers crushed finely

8 oz cool whip whipped topping divided thawed

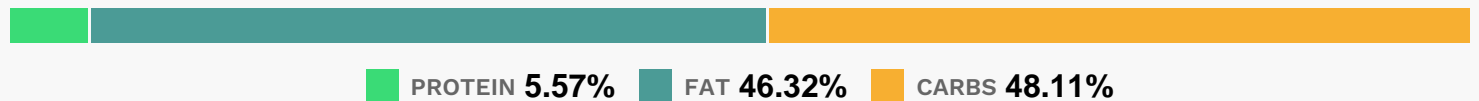
Equipment

- bowl
- frying pan
- whisk
- blender

Directions

- Combine wafer crumbs and butter; press onto bottom of 13x9-inch pan. Beat cream cheese, sugar and 1/4 cup milk in medium bowl with mixer until blended. Stir in 1 cup COOL WHIP; spread over crust.
- Beat pudding mixes and remaining milk in separate medium bowl with whisk 2 min. Stir in 1/4 cup caramel topping; spoon over cream cheese layer. Cover with remaining COOL WHIP.
- Refrigerate 5 hours or until firm.
- Chop apples; sprinkle over dessert just before serving. Top with nuts and remaining caramel topping.

Nutrition Facts



Properties

Glycemic Index:19.27, Glycemic Load:11.3, Inflammation Score:-3, Nutrition Score:4.1630434834439%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 300.4kcal (15.02%), Fat: 15.76g (24.24%), Saturated Fat: 8.79g (54.94%), Carbohydrates: 36.83g (12.28%), Net Carbohydrates: 36.08g (13.12%), Sugar: 28.5g (31.66%), Cholesterol: 30.85mg (10.28%), Sodium: 260.47mg (11.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.52%), Phosphorus: 95.72mg (9.57%), Calcium: 93.11mg (9.31%), Vitamin B2: 0.16mg (9.13%), Vitamin A: 411.83IU (8.24%), Vitamin B1: 0.11mg (7.28%), Vitamin B12: 0.35µg (5.8%), Folate: 19.9µg (4.98%), Potassium: 156.33mg (4.47%), Selenium: 2.93µg (4.19%), Vitamin B3: 0.81mg (4.06%), Vitamin D: 0.55µg (3.63%), Manganese: 0.07mg (3.62%), Magnesium: 13.52mg (3.38%), Vitamin B5: 0.33mg (3.29%), Fiber: 0.75g (3.02%), Vitamin B6: 0.05mg (2.69%), Vitamin E: 0.35mg (2.34%), Zinc: 0.35mg (2.32%), Copper: 0.03mg (1.54%), Vitamin K: 1.48µg (1.41%)