



Chocolate-Berry Dessert

READY IN



135 min.

SERVINGS



12

CALORIES



253 kcal

Ingredients

- 0.3 cup butter melted
- 7.8 oz jell-o chocolate flavor pudding instant
- 2.5 cups milk cold
- 2 cups raspberries fresh
- 2 oz baker's semi-sweet chocolate
- 1.3 cups vanilla wafers crushed finely
- 2 cups cool whip whipped topping thawed

Equipment

- bowl

frying pan

whisk

Directions

Mix wafer crumbs and butter; press onto bottom of 9-inch square pan.

Beat pudding mixes and milk in large bowl with whisk 2 min. (pudding will be thick.) Stir in COOL WHIP; spread over crust. Freeze 2 hours or until firm.

Top dessert with berries. Melt chocolate as directed on package; drizzle over berries.

Let stand 10 min. or until dessert is slightly softened.

Nutrition Facts

 **PROTEIN 5.47%** **FAT 40.11%** **CARBS 54.42%**

Properties

Glycemic Index:15.92, Glycemic Load:7.51, Inflammation Score:-3, Nutrition Score:5.3382608994194%

Flavonoids

Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 252.76kcal (12.64%), Fat: 11.38g (17.51%), Saturated Fat: 6.64g (41.49%), Carbohydrates: 34.76g (11.59%), Net Carbohydrates: 32.26g (11.73%), Sugar: 24.14g (26.82%), Cholesterol: 16.92mg (5.64%), Sodium: 368.78mg (16.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.35mg (1.78%), Protein: 3.49g (6.99%), Manganese: 0.27mg (13.31%), Fiber: 2.5g (10.01%), Phosphorus: 97.89mg (9.79%), Calcium: 82.68mg (8.27%), Vitamin B2: 0.13mg (7.61%), Copper: 0.14mg (7.2%), Magnesium: 28.08mg (7.02%), Vitamin C: 5.24mg (6.35%), Vitamin B1: 0.09mg (5.94%), Potassium: 200.11mg (5.72%), Vitamin B12: 0.32µg (5.27%), Vitamin A: 218.74IU (4.37%), Folate: 15.35µg (3.84%), Iron: 0.69mg (3.82%), Vitamin D: 0.56µg (3.73%), Zinc: 0.55mg (3.66%), Selenium: 2.21µg (3.16%), Vitamin

K: 3.06µg (2.91%), Vitamin B3: 0.57mg (2.84%), Vitamin B5: 0.28mg (2.79%), Vitamin E: 0.41mg (2.75%), Vitamin B6:
0.05mg (2.42%)