

Chocolate Eclair Dessert

READY IN



135 min.

SERVINGS



15

CALORIES



234 kcal

Ingredients

- 16 ounce chocolate frosting prepared
- 2 graham crackers
- 6 ounce vanilla pudding instant
- 3 cups milk
- 8 ounce non-dairy whipped topping frozen thawed

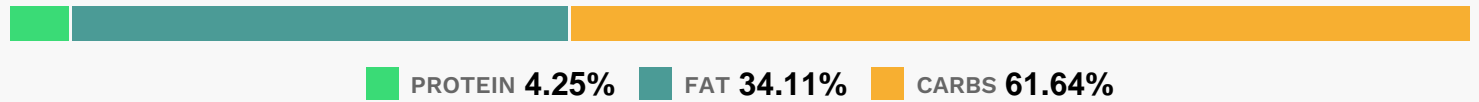
Equipment

- bowl
- frying pan

Directions

- Line the bottom of a 9x13-inch pan with graham crackers.
- In a large bowl, combine pudding mix and milk; stir well.
- Mix whipped topping into pudding mixture.
- Spread half of mixture over graham cracker layer. Top with another layer of graham crackers and the remaining pudding.
- Top all with a final layer of graham crackers and frost with chocolate frosting. Refrigerate at least two hours before serving to allow the graham crackers to soften.

Nutrition Facts



Properties

Glycemic Index:7.47, Glycemic Load:1.87, Inflammation Score:-1, Nutrition Score:2.9652173791243%

Nutrients (% of daily need)

Calories: 234.09kcal (11.7%), Fat: 9.1g (13.99%), Saturated Fat: 4.33g (27.05%), Carbohydrates: 36.98g (12.33%), Net Carbohydrates: 36.58g (13.3%), Sugar: 32.79g (36.43%), Cholesterol: 6.16mg (2.05%), Sodium: 169.08mg (7.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Phosphorus: 88.36mg (8.84%), Calcium: 75.22mg (7.52%), Vitamin B2: 0.09mg (5.41%), Vitamin B12: 0.29µg (4.9%), Potassium: 153.31mg (4.38%), Vitamin E: 0.57mg (3.81%), Manganese: 0.08mg (3.77%), Magnesium: 14.37mg (3.59%), Vitamin D: 0.54µg (3.58%), Copper: 0.07mg (3.27%), Iron: 0.53mg (2.95%), Vitamin B1: 0.04mg (2.57%), Selenium: 1.63µg (2.33%), Zinc: 0.34mg (2.28%), Vitamin B5: 0.19mg (1.9%), Vitamin A: 90.55IU (1.81%), Vitamin B6: 0.04mg (1.81%), Fiber: 0.4g (1.61%)