



Chocolate-Éclair Icebox Dessert

READY IN



45 min.

SERVINGS



18

CALORIES



244 kcal

DESSERT

Ingredients

- 8 ounce cream cheese fat-free
- 0.3 cup milk fat-free
- 3 cups milk fat-free
- 22.5 sheets honey graham crackers low-fat divided (1 [14-ounce] box)
- 2 tablespoons honey
- 2 tablespoons butter softened
- 1.5 cups powdered sugar sifted
- 2 ounces chocolate unsweetened melted
- 6.8 ounce vanilla pudding mix fat-free instant

8 ounce non-dairy whipped topping frozen thawed reduced-calorie

Equipment

bowl

blender

baking pan

aluminum foil

Directions

Arrange 7 1/2 graham cracker sheets in the bottom of a 13 x 9-inch baking dish coated with cooking spray.

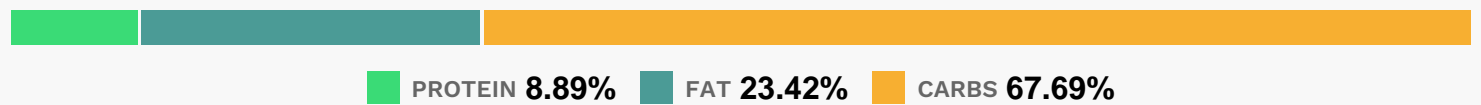
Combine 3 cups milk, pudding mix, and cream cheese in a large bowl, and beat at low speed of a mixer 1 minute or until thick. Fold in whipped topping.

Spread half of the pudding mixture over graham crackers, and top with 7 1/2 graham cracker sheets. Repeat the procedure with the remaining half of pudding mixture and 7 1/2 graham cracker sheets.

Combine 1/4 cup milk, softened margarine, honey, and unsweetened chocolate in a medium bowl, and beat well with a mixer. Gradually add powdered sugar to milk mixture, and beat well.

Spread chocolate glaze over graham crackers. Cover dessert and tent with foil; chill 4 hours.

Nutrition Facts



Properties

Glycemic Index:10.71, Glycemic Load:11.15, Inflammation Score:-2, Nutrition Score:5.2095652463967%

Flavonoids

Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg, Catechin: 2.03mg Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg, Epicatechin: 4.47mg

Nutrients (% of daily need)

Calories: 244.24kcal (12.21%), Fat: 6.5g (10.01%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 42.31g (14.1%), Net Carbohydrates: 41.12g (14.95%), Sugar: 30.14g (33.49%), Cholesterol: 3.09mg (1.03%), Sodium: 314.71mg (13.68%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.1%), Phosphorus: 171.17mg (17.12%), Calcium: 129.81mg (12.98%), Vitamin B2: 0.15mg (8.98%), Magnesium: 29.68mg (7.42%), Iron: 1.33mg (7.4%), Zinc: 1.05mg (7.01%), Manganese: 0.14mg (6.89%), Vitamin B12: 0.4µg (6.72%), Copper: 0.12mg (5.88%), Potassium: 182.96mg (5.23%), Vitamin B1: 0.08mg (5.13%), Fiber: 1.19g (4.75%), Vitamin B3: 0.8mg (4.01%), Folate: 14.67µg (3.67%), Vitamin D: 0.49µg (3.24%), Vitamin A: 161.89IU (3.24%), Selenium: 2.23µg (3.19%), Vitamin B5: 0.27mg (2.72%), Vitamin B6: 0.05mg (2.68%)