



Chocolate Éclair Squares

READY IN

ready

45 min.

SERVINGS

servings

10

CALORIES

calories

490 kcal

SIDE DISH

Ingredients

- ☐ 14.4 oz graham crackers
- ☐ 3.9 oz chocolate pudding mix instant
- ☐ 3.4 oz vanilla pudding mix instant
- ☐ 6 tablespoons butter melted
- ☐ 2 cups milk divided
- ☐ 1.5 cups powdered sugar
- ☐ 2 oz baking chocolate unsweetened melted
- ☐ 8 oz non-dairy whipped topping frozen divided thawed

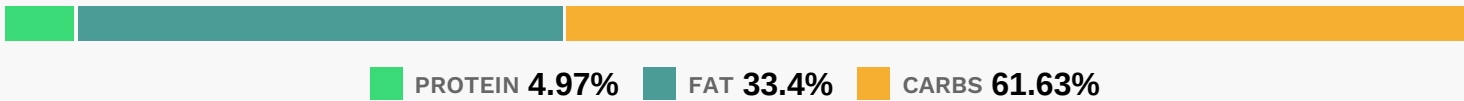
Equipment

- ☐ bowl
- ☐ baking pan

Directions

- ☐ Line the bottom of an ungreased 13"x9" baking pan with a single layer of graham crackers; set aside. In a bowl, combine dry chocolate pudding mix with one cup milk; fold in half the whipped topping.
- ☐ Spread over graham crackers; add another layer of graham crackers on top. Repeat process using vanilla pudding; top with graham crackers. Blend remaining ingredients; pour over the top. Refrigerate overnight.

Nutrition Facts



Properties

Glycemic Index:11.2, Glycemic Load:22.86, Inflammation Score:-5, Nutrition Score:7.846086896794%

Flavonoids

Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg, Catechin: 3.65mg Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg, Epicatechin: 8.04mg

Nutrients (% of daily need)

Calories: 490.32kcal (24.52%), Fat: 18.59g (28.6%), Saturated Fat: 7.44g (46.53%), Carbohydrates: 77.2g (25.73%), Net Carbohydrates: 74.42g (27.06%), Sugar: 49.89g (55.44%), Cholesterol: 6.31mg (2.1%), Sodium: 604.03mg (26.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 5.31mg (1.77%), Protein: 6.22g (12.45%), Phosphorus: 181.3mg (18.13%), Iron: 2.86mg (15.87%), Manganese: 0.28mg (14.01%), Magnesium: 55.3mg (13.82%), Vitamin B2: 0.21mg (12.07%), Copper: 0.24mg (12.04%), Calcium: 118.61mg (11.86%), Fiber: 2.79g (11.14%), Zinc: 1.63mg (10.89%), Vitamin B1: 0.14mg (9.01%), Vitamin B3: 1.72mg (8.61%), Vitamin A: 396.31IU (7.93%), Potassium: 247.33mg (7.07%), Folate: 21.46µg (5.37%), Vitamin B12: 0.32µg (5.29%), Vitamin B6: 0.08mg (3.94%), Vitamin D: 0.54µg (3.58%), Selenium: 2.4µg (3.43%), Vitamin E: 0.43mg (2.86%), Vitamin B5: 0.2mg (2.01%), Vitamin K: 1.59µg (1.51%)