



Chocolate Graham Refrigerator "Cake"

 Dairy Free

READY IN



255 min.

SERVINGS



15

CALORIES



78 kcal

Ingredients

- 11 chocolate graham crackers divided (22 squares)
- 1 tsp vanilla
- 8 oz cool whip whipped topping thawed

Equipment

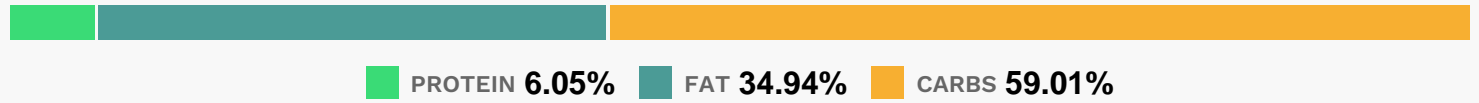
Directions

- Mix COOL WHIP and vanilla just until blended; spread 1 Tbsp. onto each of 20 graham squares.

Stack grahams together, then stand on edge on platter to make 8-1/2-inch loaf. Frost with remaining COOL WHIP mixture. Crush remaining graham squares; sprinkle over loaf.

Refrigerate 4 hours before slicing to serve.

Nutrition Facts



Properties

Glycemic Index:4.93, Glycemic Load:5.53, Inflammation Score:-1, Nutrition Score:1.0256521707482%

Nutrients (% of daily need)

Calories: 78.21kcal (3.91%), Fat: 3.01g (4.63%), Saturated Fat: 1.87g (11.68%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 11.08g (4.03%), Sugar: 5.97g (6.63%), Cholesterol: 0.3mg (0.1%), Sodium: 78.57mg (3.42%), Alcohol: 0.1g (100%), Alcohol %: 0.48% (100%), Protein: 1.17g (2.34%), Phosphorus: 31.94mg (3.19%), Iron: 0.44mg (2.44%), Vitamin B2: 0.04mg (2.27%), Vitamin B3: 0.4mg (2.02%), Calcium: 18.88mg (1.89%), Magnesium: 7.15mg (1.79%), Vitamin B1: 0.03mg (1.76%), Zinc: 0.21mg (1.43%), Fiber: 0.35g (1.4%), Folate: 5.18µg (1.29%)