

# Chocolate Passion Layered Dessert

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



340 kcal

DESSERT

## Ingredients

- 0.3 cup chocolate syrup
- 7.8 oz jell-o chocolate flavor pudding instant
- 4 cups milk cold
- 12 oz round cake prepared cut into cubes
- 12 oz baker's semi-sweet chocolate chunks
- 8 oz cool whip extra creamy whipped topping thawed

## Equipment

- bowl

whisk

## Directions

- Beat pudding mixes and milk in large bowl with whisk 2 min.
- Place half the cake cubes in large glass serving bowl.
- Drizzle with half the chocolate syrup.
- Spread half the pudding over cake; sprinkle with half the chocolate chunks.
- Spread half the COOL WHIP over chocolate. Repeat layers.
- Refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:2.53, Glycemic Load:1.15, Inflammation Score:-3, Nutrition Score:8.1443478754195%

## Nutrients (% of daily need)

Calories: 339.67kcal (16.98%), Fat: 13.7g (21.08%), Saturated Fat: 8.24g (51.53%), Carbohydrates: 48.54g (16.18%), Net Carbohydrates: 45.95g (16.71%), Sugar: 35.83g (39.81%), Cholesterol: 32.6mg (10.87%), Sodium: 393.43mg (17.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 20.84mg (6.95%), Protein: 5.64g (11.29%), Manganese: 0.42mg (21.2%), Copper: 0.38mg (18.85%), Phosphorus: 184.01mg (18.4%), Magnesium: 61.16mg (15.29%), Iron: 2.36mg (13.12%), Calcium: 123.17mg (12.32%), Vitamin B2: 0.19mg (10.95%), Fiber: 2.59g (10.35%), Potassium: 309.91mg (8.85%), Selenium: 6.01µg (8.58%), Vitamin B12: 0.48µg (7.95%), Zinc: 1.13mg (7.51%), Vitamin B1: 0.1mg (6.92%), Vitamin D: 0.76µg (5.07%), Vitamin B5: 0.42mg (4.23%), Vitamin B3: 0.76mg (3.81%), Vitamin A: 162.86IU (3.26%), Vitamin B6: 0.06mg (3.21%), Folate: 11.66µg (2.91%), Vitamin K: 2.6µg (2.48%), Vitamin E: 0.31mg (2.05%)