



Chocolate Peanut Butter No-Bake Cake

READY IN



380 min.

SERVINGS



20

CALORIES



137 kcal

Ingredients

- 0.3 cup creamy peanut butter
- 1 pkg jell-o chocolate flavor pudding instant (4-serving size)
- 1 cup milk cold
- 2 oz baker's semi-sweet chocolate
- 2 cups strawberries whole
- 55 vanilla wafers divided
- 1.5 cups cool whip whipped topping thawed

Equipment

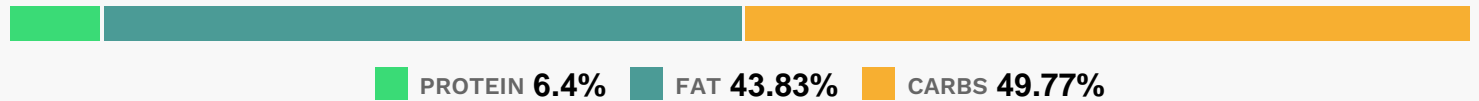
- bowl

whisk

Directions

- Add milk to peanut butter in medium bowl, beating with wire whisk until well blended.
- Add dry pudding mix. Beat 2 min. or until well blended. Stir in the whipped topping.
- Reserve 5 of the wafers for later use.
- Spread about 1 tsp. of the pudding mixture onto each of the remaining 50 wafers. Stack wafers together, standing them on edge around outer edge of round serving platter to form a ring.
- Spread with the remaining pudding mixture. Refrigerate 6 hours or overnight.
- Crush remaining 5 wafers; sprinkle over dessert. Make chocolate curls. Top with the chocolate curls. Fill center of ring with strawberries. Store leftover dessert in refrigerator.

Nutrition Facts



Properties

Glycemic Index:8.45, Glycemic Load:9.73, Inflammation Score:-1, Nutrition Score:3.0395652211231%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg, Pelargonidin: 3.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 136.61kcal (6.83%), Fat: 6.78g (10.43%), Saturated Fat: 2.76g (17.22%), Carbohydrates: 17.31g (5.77%), Net Carbohydrates: 16.41g (5.97%), Sugar: 9.25g (10.27%), Cholesterol: 1.91mg (0.64%), Sodium: 89.99mg (3.91%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.45%), Vitamin C: 8.47mg (10.26%), Manganese: 0.14mg (7.05%), Vitamin B1: 0.09mg (5.74%), Folate: 20.92µg (5.23%), Vitamin B3: 0.96mg (4.78%), Phosphorus: 45.21mg (4.52%), Vitamin B2: 0.07mg (4.15%), Fiber: 0.9g (3.61%), Magnesium: 14.19mg (3.55%), Copper: 0.06mg (2.83%), Potassium: 94.25mg (2.69%), Vitamin E: 0.39mg (2.58%), Calcium: 24.65mg (2.46%), Iron: 0.3mg (1.67%), Zinc: 0.23mg (1.55%), Vitamin B6: 0.03mg (1.53%), Vitamin B12: 0.08µg (1.37%), Selenium: 0.8µg (1.14%), Vitamin B5: 0.11mg (1.06%)