



Chocolate-Peppermint Striped Delight

READY IN



270 min.

SERVINGS



30

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter melted
- 0.3 cup coarsely candy canes crushed
- 0.3 cup candy canes crushed finely
- 8 oz philadelphia cream cheese softened
- 7.8 oz jell-o chocolate flavor pudding instant
- 3 cups milk cold divided
- 0.5 cup sugar divided
- 1.5 cups vanilla wafers crushed finely
- 12 oz cool whip whipped topping divided thawed

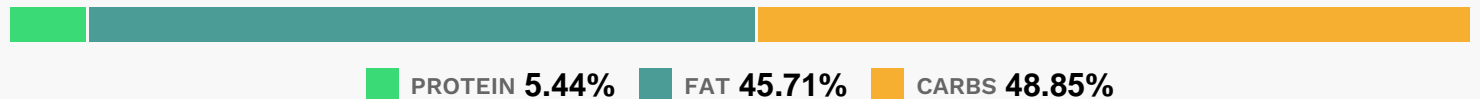
Equipment

- bowl
- whisk

Directions

- Combine wafer crumbs, butter and 2 Tbsp. sugar; press onto bottom of 13x9-inch dish. Refrigerate until ready to use.
- Beat cream cheese, remaining sugar and 2 Tbsp. milk in medium bowl until blended. Stir in finely crushed candy canes.
- Add 1-1/4 cups COOL WHIP; mix well.
- Spread over crust.
- Beat pudding mixes and remaining milk with whisk 2 min.; pour over cream cheese layer.
- Let stand 5 min. or until thickened. Cover with remaining COOL WHIP.
- Refrigerate 4 hours. Top with coarsely crushed candy canes just before serving.

Nutrition Facts



Properties

Glycemic Index:8.74, Glycemic Load:5.91, Inflammation Score:-1, Nutrition Score:1.9778260795966%

Nutrients (% of daily need)

Calories: 146.17kcal (7.31%), Fat: 7.51g (11.55%), Saturated Fat: 4.61g (28.81%), Carbohydrates: 18.05g (6.02%), Net Carbohydrates: 17.71g (6.44%), Sugar: 14.2g (15.78%), Cholesterol: 14.91mg (4.97%), Sodium: 180.81mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Phosphorus: 49.2mg (4.92%), Calcium: 46.77mg (4.68%), Vitamin B2: 0.08mg (4.66%), Vitamin A: 196.72IU (3.93%), Vitamin B12: 0.17µg (2.9%), Vitamin B1: 0.04mg (2.77%), Selenium: 1.61µg (2.3%), Potassium: 80.57mg (2.3%), Magnesium: 7.76mg (1.94%), Vitamin D: 0.27µg (1.79%), Folate: 6.14µg (1.53%), Manganese: 0.03mg (1.45%), Copper: 0.03mg (1.45%), Vitamin B5: 0.14mg (1.38%), Fiber: 0.34g (1.37%), Zinc: 0.2mg (1.31%), Vitamin E: 0.18mg (1.22%), Vitamin B6: 0.02mg (1.12%), Vitamin B3: 0.2mg (1.02%)