



Chocolate Quad

READY IN



45 min.

SERVINGS



15

CALORIES



359 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup butter
- ☐ 8 ounce cream cheese softened
- ☐ 1 cup flour all-purpose
- ☐ 10.5 ounce chocolate pudding mix instant
- ☐ 3 cups milk
- ☐ 1 cup pecans chopped
- ☐ 0.5 cup powdered sugar
- ☐ 12 ounce non-dairy whipped topping frozen divided thawed

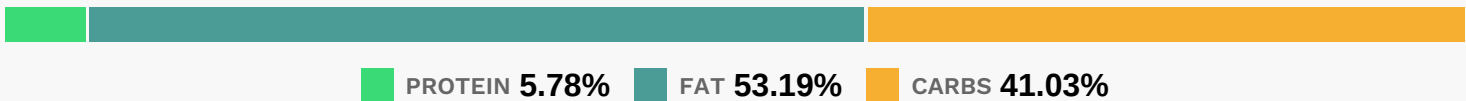
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Cut butter into flour with a pastry blender or fork until mixture resembles coarse meal. Stir in pecans. Press mixture onto bottom of a 13- x 9-inch pan.
- ☐ Bake at 350 for 15 minutes or until lightly browned. Cool.
- ☐ Beat cream cheese, powdered sugar, and 1 cup whipped topping at medium speed with an electric mixer until smooth.
- ☐ Spread mixture over prepared crust.
- ☐ Whisk together pudding mix and milk 2 minutes or until smooth.
- ☐ Spread over cream cheese mixture. Chill 10 minutes.
- ☐ Spread remaining whipped topping over pudding mixture. Cover and chill at least 1 hour.
- ☐ Cut into squares.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:5.72, Inflammation Score:-5, Nutrition Score:6.8282609397303%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-

gallate: 0.17mg

Nutrients (% of daily need)

Calories: 358.52kcal (17.93%), Fat: 21.52g (33.1%), Saturated Fat: 8.41g (52.59%), Carbohydrates: 37.34g (12.45%), Net Carbohydrates: 35.7g (12.98%), Sugar: 25.96g (28.84%), Cholesterol: 21.58mg (7.19%), Sodium: 437.53mg (19.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.26g (10.53%), Manganese: 0.46mg (23.02%), Phosphorus: 127.41mg (12.74%), Vitamin A: 573.63IU (11.47%), Vitamin B2: 0.19mg (11.04%), Calcium: 101.82mg (10.18%), Vitamin B1: 0.15mg (10.1%), Selenium: 6.39µg (9.13%), Copper: 0.18mg (8.76%), Magnesium: 28.59mg (7.15%), Fiber: 1.64g (6.55%), Potassium: 204.87mg (5.85%), Vitamin B12: 0.35µg (5.83%), Zinc: 0.81mg (5.4%), Folate: 19.56µg (4.89%), Iron: 0.87mg (4.82%), Vitamin E: 0.62mg (4.15%), Vitamin B5: 0.38mg (3.79%), Vitamin D: 0.54µg (3.58%), Vitamin B3: 0.71mg (3.56%), Vitamin B6: 0.06mg (3.24%), Vitamin K: 1.77µg (1.68%)