



## Cool, Creamy Chocolate Dessert

READY IN



45 min.

SERVINGS



15

CALORIES



265 kcal

### Ingredients

- ☐ 6 tablespoons butter chilled cut into small pieces
- ☐ 4 ounces cream cheese fat-free softened
- ☐ 5.5 ounces flour all-purpose
- ☐ 7.8 ounce chocolate pudding
- ☐ 3 cups milk 1% low-fat
- ☐ 0.3 cup pecans toasted finely chopped
- ☐ 0.3 cup powdered sugar
- ☐ 1 cup powdered sugar
- ☐ 8 ounce non-dairy whipped topping frozen divided thawed reduced-calorie

# Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

# Directions

- ☐ Preheat oven to 325
- ☐ To prepare crust, lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and 1/4 cup sugar in a food processor; pulse 2 times or until combined.
- ☐ Add butter; pulse 10 times or until mixture resembles coarse meal. Stir in pecans. Firmly press mixture into bottom of a 13 x 9 inch baking pan coated with cooking spray.
- ☐ Bake at 325 for 20 minutes or until crust is lightly browned. Cool completely.
- ☐ To prepare filling, place 1 cup sugar and cream cheeses in a medium bowl; beat with a mixer at medium speed until fluffy. Fold in half of whipped topping.
- ☐ Spread cream cheese mixture on cooled crust. Cover loosely; refrigerate 1 hour.
- ☐ Combine milk and pudding mix in a large bowl; beat with a mixer at medium speed for 2 minutes. Cover and refrigerate 1 hour or until pudding is set.
- ☐ Spread the pudding mixture over cream cheese layer.
- ☐ Spread remaining half of thawed whipped topping over pudding layer. Cover and chill for 30 minutes.
- ☐ Sprinkle with cocoa, if desired.
- ☐ Cut into 15 pieces.

# Nutrition Facts



Properties

Glycemic Index:10.8, Glycemic Load:5.86, Inflammation Score:0, Nutrition Score:4.9356522620048%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg

Nutrients (% of daily need)

Calories: 264.64kcal (13.23%), Fat: 11.14g (17.14%), Saturated Fat: 6.62g (41.39%), Carbohydrates: 37.54g (12.51%), Net Carbohydrates: 36.57g (13.3%), Sugar: 26.07g (28.97%), Cholesterol: 22.34mg (7.45%), Sodium: 300.11mg (13.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.25%), Manganese: 0.2mg (10.09%), Vitamin B2: 0.16mg (9.56%), Phosphorus: 95.65mg (9.56%), Selenium: 6.08µg (8.68%), Vitamin B1: 0.13mg (8.39%), Calcium: 83.47mg (8.35%), Vitamin A: 346.1IU (6.92%), Vitamin B12: 0.34µg (5.74%), Folate: 22.07µg (5.52%), Magnesium: 18.43mg (4.61%), Copper: 0.09mg (4.55%), Potassium: 154.52mg (4.41%), Iron: 0.74mg (4.14%), Fiber: 0.97g (3.88%), Vitamin B3: 0.75mg (3.73%), Vitamin D: 0.52µg (3.46%), Zinc: 0.5mg (3.34%), Vitamin B5: 0.28mg (2.83%), Vitamin B6: 0.05mg (2.28%), Vitamin E: 0.32mg (2.13%), Vitamin K: 1.39µg (1.33%)