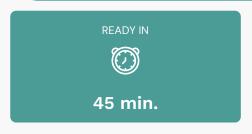


Cool, Creamy Chocolate Dessert







DESSERT

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 mix instant
3 cups milk 1% low-fat
O.3 cup pecans toasted finely chopped
O.3 cup powdered sugar
1 cup powdered sugar

8 ounce carton whipped topping frozen divided thawed reduced-calorie

Equipment		
	food processor	
	bowl	
	oven	
	knife	
	blender	
	baking pan	
	measuring cup	
Directions		
	Preheat oven to 32	
	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 pres mixture into bottom of a 13 x 9inch 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:9, Glycemic Load:5.75, Inflammation Score:-3, Nutrition Score:5.2017390943416%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg,

Nutrients (% of daily need)

Calories: 247.27kcal (12.36%), Fat: 8.74g (13.44%), Saturated Fat: 5.15g (32.21%), Carbohydrates: 37.72g (12.57%), Net Carbohydrates: 36.74g (13.36%), Sugar: 26.21g (29.12%), Cholesterol: 15.61mg (5.2%), Sodium: 329.44mg (14.32%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.86g (9.73%), Phosphorus: 127.56mg (12.76%), Manganese: O.21mg (10.49%), Calcium: 102.79mg (10.28%), Vitamin B2: O.17mg (9.73%), Vitamin B1: O.13mg (8.55%), Selenium: 5.8µg (8.29%), Vitamin B12: O.4µg (6.66%), Folate: 24.08µg (6.02%), Vitamin A: 248.67IU (4.97%), Magnesium: 19.62mg (4.9%), Potassium: 166.24mg (4.75%), Copper: O.09mg (4.72%), Iron: O.76mg (4.19%), Fiber: O.99g (3.94%), Zinc: O.58mg (3.89%), Vitamin B3: O.76mg (3.79%), Vitamin D: O.52µg (3.46%), Vitamin B5: O.3mg (3.05%), Vitamin B6: O.05mg (2.27%), Vitamin E: O.26mg (1.72%), Vitamin K: 1.25µg (1.19%)