



Cool, Creamy Chocolate Dessert

READY IN



45 min.

SERVINGS



15

CALORIES



247 kcal

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
- ☐ 0.3 cup pecans toasted finely chopped
- ☐ 0.3 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 press 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



 **PROTEIN 7.81%**  **FAT 31.58%**  **CARBS 60.61%**

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, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg 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: 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 %: 0% (100%), Protein: 4.86g (9.73%), Phosphorus: 127.56mg (12.76%), Manganese: 0.21mg (10.49%), Calcium: 102.79mg (10.28%), Vitamin B2: 0.17mg (9.73%), Vitamin B1: 0.13mg (8.55%), Selenium: 5.8µg (8.29%), Vitamin B12: 0.4µg (6.66%), Folate: 24.08µg (6.02%), Vitamin A: 248.67IU (4.97%), Magnesium: 19.62mg (4.9%), Potassium: 166.24mg (4.75%), Copper: 0.09mg (4.72%), Iron: 0.76mg (4.19%), Fiber: 0.99g (3.94%), Zinc: 0.58mg (3.89%), Vitamin B3: 0.76mg (3.79%), Vitamin D: 0.52µg (3.46%), Vitamin B5: 0.3mg (3.05%), Vitamin B6: 0.05mg (2.27%), Vitamin E: 0.26mg (1.72%), Vitamin K: 1.25µg (1.19%)