



Crème Caramel Squares

READY IN



260 min.

SERVINGS



16

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter melted
- 3.4 oz jell-o butterscotch flavor pudding instant
- 0.3 cup caramel ice cream topping
- 8 oz philadelphia cream cheese softened
- 1.5 cups graham cracker crumbs
- 3.4 oz jell-o vanilla flavor pudding instant
- 3.3 cups milk cold divided
- 0.3 cup sugar
- 8 oz cool whip whipped topping divided thawed

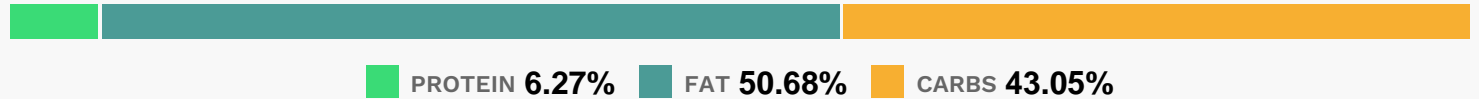
Equipment

- bowl
- whisk
- blender

Directions

- Mix graham crumbs and butter; press onto bottom of 13x9-inch dish. Refrigerate while preparing filling.
- Beat cream cheese, sugar and 1/4 cup milk in large bowl with mixer until blended. Gently stir in 1 cup COOL WHIP.
- Spread over crust.
- Beat each flavor pudding mix with 1-1/2 cups of the remaining milk in separate bowl with whisk 2 min.
- Pour in layers over cream cheese filling; top with remaining COOL WHIP. Refrigerate 4 hours.
- Drizzle with caramel topping just before serving.

Nutrition Facts



Properties

Glycemic Index:16.19, Glycemic Load:7.52, Inflammation Score:-3, Nutrition Score:3.4439130506438%

Nutrients (% of daily need)

Calories: 231.26kcal (11.56%), Fat: 13.2g (20.31%), Saturated Fat: 8.01g (50.05%), Carbohydrates: 25.24g (8.41%), Net Carbohydrates: 24.93g (9.07%), Sugar: 19.68g (21.87%), Cholesterol: 30.78mg (10.26%), Sodium: 220.56mg (9.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.68g (7.35%), Calcium: 97.72mg (9.77%), Phosphorus: 97.18mg (9.72%), Vitamin B2: 0.14mg (8.23%), Vitamin A: 403.93IU (8.08%), Vitamin B12: 0.35µg (5.88%), Selenium: 2.68µg (3.83%), Potassium: 130.74mg (3.74%), Vitamin D: 0.55µg (3.63%), Vitamin B1: 0.05mg (3.55%), Magnesium: 13.43mg (3.36%), Zinc: 0.46mg (3.04%), Vitamin B5: 0.29mg (2.88%), Vitamin B6: 0.05mg (2.51%), Vitamin E: 0.35mg (2.32%), Iron: 0.37mg (2.04%), Vitamin B3: 0.38mg (1.91%), Folate: 5.68µg (1.42%), Fiber: 0.3g (1.22%), Vitamin K: 1.27µg (1.21%)