



Creamy Chocolate Bars

READY IN



260 min.

SERVINGS



20

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz philadelphia cream cheese softened
- 15 chocolate graham crackers (30 squares)
- 11.7 oz jell-o chocolate flavor pudding instant
- 3 cups milk
- 1 cup raspberries
- 8 oz cool whip whipped topping thawed

Equipment

- bowl

frying pan

blender

Directions

Place 15 graham squares on bottom of 13x9-inch pan, cutting as necessary to fit.

Beat cream cheese in large bowl with mixer until creamy. Gradually beat in 1 cup milk until well blended.

Add remaining milk and dry pudding mixes; beat on low speed 2 min. Gently stir in COOL WHIP.

Spread half the pudding mixture onto bottom of prepared pan; top with remaining graham squares and pudding mixture.

Refrigerate 4 hours. Top with raspberries just before serving.

Nutrition Facts



PROTEIN 6.9% **FAT 44.68%** **CARBS 48.42%**

Properties

Glycemic Index:8.25, Glycemic Load:6.73, Inflammation Score:-3, Nutrition Score:4.3417391362398%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 237.07kcal (11.85%), Fat: 11.86g (18.25%), Saturated Fat: 6.85g (42.78%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 27.59g (10.03%), Sugar: 19.22g (21.36%), Cholesterol: 27.53mg (9.18%), Sodium: 399.53mg (17.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.25%), Phosphorus: 104.52mg (10.45%), Vitamin B2: 0.15mg (8.79%), Calcium: 86.85mg (8.69%), Vitamin A: 374.25IU (7.49%), Magnesium: 22.2mg (5.55%), Fiber: 1.34g (5.38%), Manganese: 0.1mg (5.25%), Selenium: 3.34µg (4.78%), Potassium: 163.07mg (4.66%), Vitamin

B12: 0.27µg (4.5%), Zinc: 0.61mg (4.04%), Iron: 0.73mg (4.03%), Vitamin B1: 0.06mg (3.7%), Copper: 0.07mg (3.64%), Vitamin B5: 0.29mg (2.9%), Vitamin B3: 0.54mg (2.71%), Vitamin D: 0.4µg (2.68%), Vitamin B6: 0.05mg (2.65%), Folate: 8.97µg (2.24%), Vitamin E: 0.33mg (2.23%), Vitamin C: 1.57mg (1.91%), Vitamin K: 1.67µg (1.59%)