



Delta Velvet Pudding Dessert

READY IN



40 min.

SERVINGS



12

CALORIES



443 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 8 oz cream cheese softened
- 1 cup flour all-purpose
- 3.4 oz chocolate pudding instant
- 3 cups milk
- 1 cup pecans toasted finely chopped
- 1.5 cups powdered sugar
- 3.4 oz vanilla pudding french instant
- 8 oz non-dairy whipped topping frozen thawed

12 servings non-dairy whipped topping shaved toasted chopped

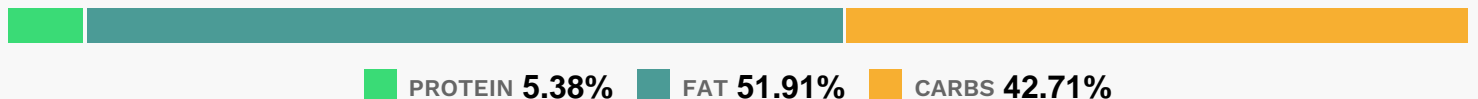
Equipment

- bowl
- frying pan
- oven
- wire rack
- blender
- baking pan
- hand mixer

Directions

- Cut butter into flour with a pastry blender or fork until crumbly; stir in pecans. Press mixture into a 13- x 9-inch pan or baking dish.
- Bake at 350 for 18 to 20 minutes or until lightly browned.
- Remove pan to wire rack to cool completely.
- Beat cream cheese and powdered sugar at medium speed with an electric mixer until fluffy. Fold in whipped topping.
- Spread cream cheese mixture evenly over cooled crust.
- Beat pudding mixes and milk in a large bowl at medium speed with an electric mixer 2 minutes.
- Pour evenly over cream cheese mixture in pan. Cover and chill 2 hours or up to 3 days.
- Serve pudding in individual bowls with desired toppings.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:7.16, Inflammation Score:-5, Nutrition Score:7.6743477890673%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 442.82kcal (22.14%), Fat: 26.02g (40.03%), Saturated Fat: 13.11g (81.93%), Carbohydrates: 48.17g (16.06%), Net Carbohydrates: 46.68g (16.98%), Sugar: 36.06g (40.06%), Cholesterol: 47.21mg (15.74%), Sodium: 326.49mg (14.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.13%), Manganese: 0.51mg (25.75%), Phosphorus: 143.77mg (14.38%), Vitamin B2: 0.22mg (13.15%), Vitamin B1: 0.19mg (12.41%), Vitamin A: 611.41IU (12.23%), Calcium: 121.68mg (12.17%), Selenium: 7.68µg (10.97%), Copper: 0.16mg (8.08%), Vitamin B12: 0.43µg (7.23%), Magnesium: 27.75mg (6.94%), Zinc: 0.91mg (6.09%), Potassium: 211.6mg (6.05%), Folate: 23.99µg (6%), Fiber: 1.49g (5.96%), Iron: 0.88mg (4.88%), Vitamin B5: 0.47mg (4.72%), Vitamin D: 0.67µg (4.47%), Vitamin E: 0.67mg (4.46%), Vitamin B3: 0.85mg (4.24%), Vitamin B6: 0.08mg (3.87%), Vitamin K: 2.46µg (2.34%)