



Dirt Cake III

READY IN



15 min.

SERVINGS



15

CALORIES



396 kcal

Ingredients

- 0.5 cup butter melted
- 20 ounce chocolate sandwich cookies
- 8 ounce cream cheese
- 7 ounce vanilla pudding mix instant
- 3 cups milk
- 8 ounce non-dairy whipped topping frozen thawed

Equipment

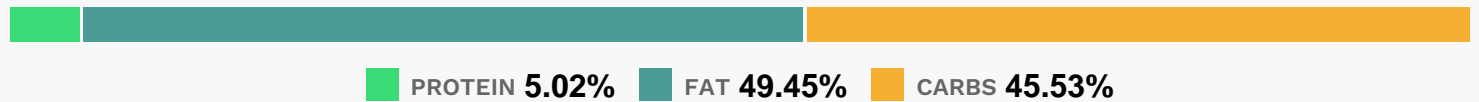
- food processor
- bowl

- blender
- baking pan
- hand mixer

Directions

- Using a blender or food processor, crush 2/3 of the cookies. Stir in the melted butter, then press into a 9x13 inch baking pan.
- In a medium bowl, stir together instant pudding and milk. chill in freezer until thickened. Using an electric mixer, beat the cream cheese into the pudding. Fold the dessert topping into the pudding mixture by hand.
- Spread over the prepared crust. Crush the remaining cookies in the blender, and sprinkle over the top of the pudding layer. chill for at least 4 hours or until serving time.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:1.09, Inflammation Score:-4, Nutrition Score:7.4226087176281%

Nutrients (% of daily need)

Calories: 395.85kcal (19.79%), Fat: 22.15g (34.08%), Saturated Fat: 11.71g (73.17%), Carbohydrates: 45.89g (15.3%), Net Carbohydrates: 44.72g (16.26%), Sugar: 32.37g (35.97%), Cholesterol: 37.7mg (12.57%), Sodium: 356.23mg (15.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.06g (10.11%), Iron: 4.62mg (25.65%), Manganese: 0.26mg (13.05%), Vitamin B2: 0.21mg (12.35%), Phosphorus: 113.89mg (11.39%), Vitamin K: 11.83µg (11.27%), Vitamin A: 483.15IU (9.66%), Calcium: 95.84mg (9.58%), Vitamin E: 1.34mg (8.93%), Vitamin B1: 0.11mg (7.24%), Selenium: 4.75µg (6.79%), Copper: 0.13mg (6.69%), Magnesium: 26.19mg (6.55%), Folate: 25.1µg (6.27%), Potassium: 201.34mg (5.75%), Vitamin B12: 0.34µg (5.66%), Vitamin B3: 1.07mg (5.33%), Fiber: 1.18g (4.7%), Vitamin B5: 0.39mg (3.9%), Zinc: 0.58mg (3.87%), Vitamin D: 0.54µg (3.58%), Vitamin B6: 0.05mg (2.51%)