

## Dirt Pudding

READY IN



45 min.

SERVINGS



12

CALORIES



461 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup butter softened
- ☐ 1 cup confectioners' sugar
- ☐ 8 ounce cream cheese softened
- ☐ 7 ounce vanilla pudding mix french instant
- ☐ 3 cups milk
- ☐ 14 ounce chocolate cream-filled sandwich cookies divided crushed ()
- ☐ 12 ounce non-dairy whipped topping frozen thawed

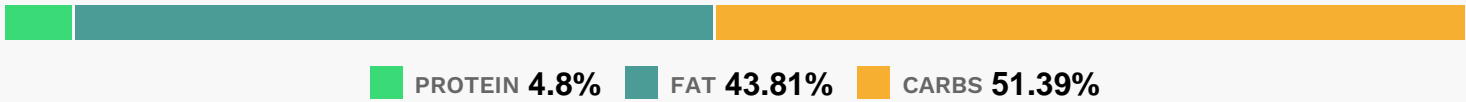
### Equipment

- ☐ bowl
- ☐ whisk

## Directions

- ☐ Whisk French vanilla pudding mix with milk in a large bowl until softly set, about 2 minutes. Pudding will thicken as it stands. Cream confectioners' sugar, cream cheese, and butter in a separate bowl until smooth and creamy. Stir cream cheese mixture into pudding until thoroughly combined; gently fold frozen whipped topping into the mixture.
- ☐ Place half the cookie crumbs into the bottom of an 9x12-inch dish; retain remaining crumbs for topping.
- ☐ Spread the filling over the layer of cookie crumbs and top with remaining crumbs, covering completely. Chill for at least 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:9.58, Glycemic Load:1.37, Inflammation Score:-4, Nutrition Score:5.6813043304112%

## Nutrients (% of daily need)

Calories: 461.49kcal (23.07%), Fat: 22.68g (34.9%), Saturated Fat: 11.59g (72.42%), Carbohydrates: 59.87g (19.96%), Net Carbohydrates: 59.28g (21.56%), Sugar: 46.24g (51.37%), Cholesterol: 37.14mg (12.38%), Sodium: 366.89mg (15.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.59g (11.18%), Vitamin B2: 0.24mg (14.07%), Phosphorus: 129.08mg (12.91%), Calcium: 124.48mg (12.45%), Vitamin A: 491.8IU (9.84%), Vitamin B1: 0.13mg (8.72%), Vitamin B12: 0.44µg (7.26%), Selenium: 4.71µg (6.73%), Vitamin E: 0.97mg (6.49%), Potassium: 179.82mg (5.14%), Manganese: 0.1mg (5.14%), Vitamin B3: 1mg (5.01%), Folate: 19.23µg (4.81%), Vitamin B5: 0.47mg (4.71%), Vitamin D: 0.67µg (4.47%), Iron: 0.8mg (4.45%), Magnesium: 15.73mg (3.93%), Zinc: 0.51mg (3.43%), Vitamin K: 3.47µg (3.31%), Vitamin B6: 0.06mg (2.98%), Copper: 0.05mg (2.44%), Fiber: 0.6g (2.38%)