



Double-Chocolate Pudding Cups

READY IN



255 min.

SERVINGS



15

CALORIES



196 kcal

DESSERT

Ingredients

- 2 Tbsp butter divided softened
- 3.9 oz jell-o chocolate flavor pudding instant
- 1.3 cups milk cold
- 4 oz baker's semi-sweet chocolate
- 2 Tbsp sugar
- 12 chocolate-dipped vanilla wafers (see Tip)
- 32 vanilla wafers divided
- 1 cup cool whip whipped topping thawed

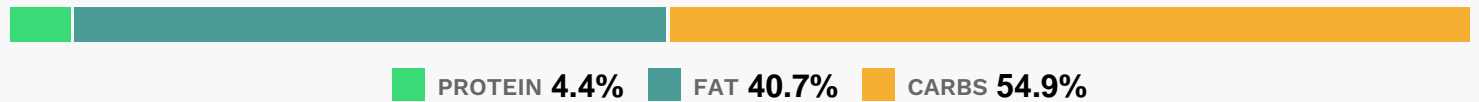
Equipment

- bowl
- whisk
- microwave
- muffin liners

Directions

- Crush 20 wafers; mix with sugar and 1 Tbsp. butter until well blended. Press onto bottoms of 12 paper lined muffin cups.
- Microwave chocolate and remaining butter in microwaveable bowl on HIGH 1 min. or until butter is melted. Stir until chocolate is completely melted; spoon over crusts.
- Beat pudding mix and milk in large bowl with whisk 2 min. Stir in COOL WHIP; spoon half over crusts. Top each with 1 of the remaining wafers. Cover with remaining pudding mixture. Refrigerate 4 hours or until set.
- Remove paper liners. Top each with Chocolate-Dipped NILLA Wafer just before serving.

Nutrition Facts



Properties

Glycemic Index:17.47, Glycemic Load:11.19, Inflammation Score:-2, Nutrition Score:2.9830434633338%

Nutrients (% of daily need)

Calories: 195.93kcal (9.8%), Fat: 8.91g (13.71%), Saturated Fat: 3.98g (24.9%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 25.93g (9.43%), Sugar: 17.09g (18.99%), Cholesterol: 3.17mg (1.06%), Sodium: 205.78mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.02mg (2.34%), Protein: 2.17g (4.34%), Manganese: 0.13mg (6.4%), Copper: 0.12mg (6.06%), Vitamin B1: 0.09mg (5.98%), Phosphorus: 57.02mg (5.7%), Magnesium: 19.47mg (4.87%), Vitamin B2: 0.08mg (4.81%), Fiber: 1.12g (4.47%), Folate: 15.88µg (3.97%), Calcium: 34.71mg (3.47%), Iron: 0.58mg (3.21%), Potassium: 111.41mg (3.18%), Vitamin B3: 0.56mg (2.82%), Vitamin B12: 0.14µg (2.25%), Zinc: 0.33mg (2.23%), Vitamin A: 107.19IU (2.14%), Selenium: 1.34µg (1.91%), Vitamin D: 0.22µg (1.49%), Vitamin B5: 0.1mg (1.02%)