



Easy Peanut Butter & Chocolate Ã¼clair Dessert

READY IN



510 min.

SERVINGS



30

CALORIES



130 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 3 Tbsp butter
- 0.3 cup creamy peanut butter
- 24 graham crackers
- 3.4 oz jell-o vanilla flavor pudding instant
- 1.8 cups milk cold
- 4 oz baker's semi-sweet chocolate (6 oz.)
- 8 oz cool whip whipped topping thawed

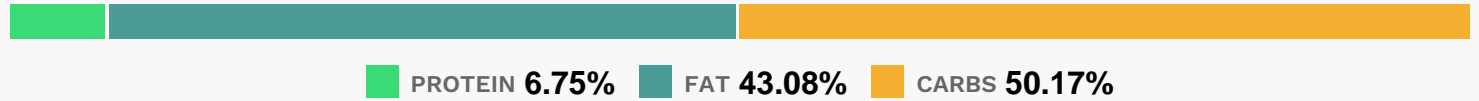
Equipment

- bowl
- whisk
- microwave

Directions

- Beat pudding mix and milk in large bowl with whisk 2 min.
- Add peanut butter; mix well. Stir in COOL WHIP.
- Layer 1/3 of the grahams and half of the pudding mixture in 13x9-inch dish, breaking grahams as necessary to fit. Repeat layers. Top with remaining grahams.
- Microwave chocolate and butter in microwaveable bowl on HIGH 2 min. or until butter is melted, stirring after 1 min. Stir until chocolate is completely melted and mixture is well blended.
- Spread over grahams.
- Refrigerate 8 hours.

Nutrition Facts



Properties

Glycemic Index:5.87, Glycemic Load:6.34, Inflammation Score:-1, Nutrition Score:2.4552173873653%

Nutrients (% of daily need)

Calories: 130.04kcal (6.5%), Fat: 6.28g (9.66%), Saturated Fat: 3.08g (19.23%), Carbohydrates: 16.45g (5.48%), Net Carbohydrates: 15.64g (5.69%), Sugar: 9.21g (10.23%), Cholesterol: 5.14mg (1.71%), Sodium: 123.79mg (5.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.25mg (1.08%), Protein: 2.21g (4.43%), Phosphorus: 60.12mg (6.01%), Magnesium: 19.16mg (4.79%), Iron: 0.75mg (4.16%), Manganese: 0.08mg (4.12%), Vitamin B3: 0.76mg (3.82%), Calcium: 35.62mg (3.56%), Vitamin B2: 0.06mg (3.54%), Fiber: 0.81g (3.22%), Copper: 0.06mg (3.06%), Zinc: 0.44mg (2.93%), Vitamin B1: 0.04mg (2.62%), Potassium: 83.35mg (2.38%), Vitamin E: 0.3mg (1.97%), Folate: 7.27µg (1.82%), Vitamin B12: 0.1µg (1.69%), Vitamin B6: 0.03mg (1.61%), Vitamin A: 66.03IU (1.32%), Selenium: 0.9µg (1.29%), Vitamin D: 0.16µg (1.04%)