



## Easy Tiramisu Bowl

READY IN



140 min.

SERVINGS



16

CALORIES



262 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 8 oz philadelphia cream cheese softened
- 6.8 oz jell-o vanilla flavor pudding instant
- 3 cups milk cold
- 1 cup raspberries fresh
- 2 oz baker's semi-sweet chocolate grated
- 0.5 cup strong maxwell house coffee cooled brewed
- 48 vanilla wafers
- 8 oz cool whip whipped topping divided thawed

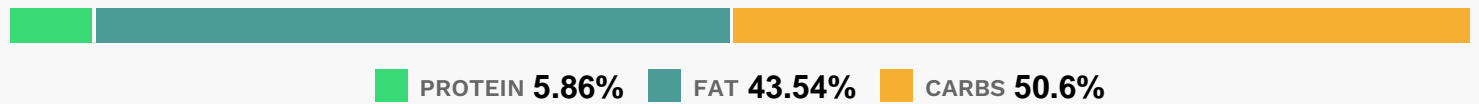
# Equipment

- bowl
- blender

# Directions

- Beat cream cheese in large bowl with mixer until creamy. Beat in milk, then dry pudding mixes. Gently stir in 2 cups COOL WHIP.
- Line 2-1/2-qt. bowl with 24 wafers; drizzle with 1/4 cup coffee. Top with half each of the pudding mixture and chocolate. Repeat all layers.
- Top with remaining COOL WHIP and raspberries. Refrigerate 2 hours.

# Nutrition Facts



# Properties

Glycemic Index:10.5, Glycemic Load:11.07, Inflammation Score:-2, Nutrition Score:4.2330434892489%

# Flavonoids

Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

# Nutrients (% of daily need)

Calories: 262.13kcal (13.11%), Fat: 12.78g (19.67%), Saturated Fat: 7.14g (44.59%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 32.34g (11.76%), Sugar: 22.96g (25.51%), Cholesterol: 20.48mg (6.83%), Sodium: 221.55mg (9.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.01mg (2%), Protein: 3.87g (7.74%), Vitamin B2: 0.16mg (9.51%), Phosphorus: 91.28mg (9.13%), Calcium: 84.91mg (8.49%), Vitamin B1: 0.11mg (7.46%), Vitamin A: 279.22IU (5.58%), Vitamin B12: 0.31µg (5.22%), Manganese: 0.1mg (5.16%), Folate: 19.26µg (4.82%), Potassium: 154.23mg (4.41%), Fiber: 1.1g (4.38%), Selenium: 2.85µg (4.07%), Magnesium: 15.87mg (3.97%), Vitamin D: 0.5µg (3.36%),

Vitamin B3: 0.63mg (3.16%), Vitamin B5: 0.31mg (3.06%), Copper: 0.06mg (2.9%), Zinc: 0.4mg (2.68%), Vitamin C: 1.97mg (2.38%), Vitamin B6: 0.04mg (2.2%), Vitamin E: 0.3mg (2.02%), Iron: 0.32mg (1.75%), Vitamin K: 1.74µg (1.65%)