



Eclair Cake

READY IN



1450 min.

SERVINGS



24

CALORIES



203 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter softened
- ☐ 0.5 cup cocoa
- ☐ 1.5 cups confectioners' sugar
- ☐ 2 teaspoons plus light
- ☐ 1 pound graham crackers
- ☐ 6.5 ounce vanilla pudding french instant
- ☐ 0.3 cup milk
- ☐ 3.5 cups milk
- ☐ 2 teaspoons vanilla extract pure

☐

8 ounce non-dairy whipped topping frozen thawed

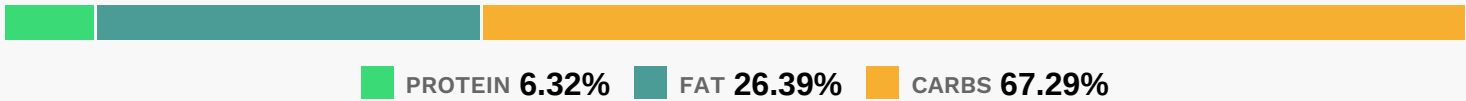
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ hand mixer

Directions

- ☐ Butter the bottom of a 13 by 9 by 2-inch pan. Line with whole graham crackers. In bowl of an electric mixer, mix pudding with milk; beat at medium speed for 2 minutes. Fold in whipped topping.
- ☐ Pour half the pudding mixture over graham crackers.
- ☐ Place another layer of whole graham crackers on top of pudding layer.
- ☐ Pour over remaining half of pudding mixture and cover with another layer of graham crackers.
- ☐ For frosting, blend together sugar and cocoa.
- ☐ Add butter and milk, mixing well.
- ☐ Add corn syrup and vanilla. Stir until creamy. Cover cake with frosting and refrigerate for 24 hours.

Nutrition Facts



Properties

Glycemic Index:9.13, Glycemic Load:11, Inflammation Score:-2, Nutrition Score:3.6652174021887%

Flavonoids

Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg, Catechin: 1.16mg Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg, Epicatechin: 3.52mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 202.91kcal (10.15%), Fat: 6.07g (9.34%), Saturated Fat: 3.14g (19.62%), Carbohydrates: 34.84g (11.61%), Net Carbohydrates: 33.48g (12.18%), Sugar: 22.59g (25.1%), Cholesterol: 8.63mg (2.88%), Sodium: 207.24mg (9.01%),

Alcohol: 0.11g (100%), Alcohol %: 0.17% (100%), Caffeine: 4.12mg (1.37%), Protein: 3.27g (6.54%), Phosphorus: 98.28mg (9.83%), Calcium: 72.89mg (7.29%), Vitamin B2: 0.12mg (6.78%), Magnesium: 25.51mg (6.38%), Iron: 1.05mg (5.84%), Fiber: 1.35g (5.41%), Vitamin B1: 0.07mg (4.59%), Zinc: 0.67mg (4.44%), Vitamin B3: 0.81mg (4.03%), Vitamin B12: 0.23µg (3.87%), Copper: 0.08mg (3.86%), Potassium: 131.3mg (3.75%), Manganese: 0.07mg (3.6%), Vitamin D: 0.43µg (2.86%), Folate: 9.6µg (2.4%), Vitamin B6: 0.05mg (2.34%), Vitamin A: 113.86IU (2.28%), Selenium: 1.36µg (1.94%), Vitamin B5: 0.15mg (1.52%)