



Eclair Cake

READY IN



45 min.

SERVINGS



12

CALORIES



437 kcal

DESSERT

Ingredients

- ☐ 0.5 cup butter
- ☐ 12 servings garnish: chocolate syrup
- ☐ 8 oz cream cheese softened
- ☐ 4 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 6 oz vanilla pudding mix instant
- ☐ 3 cups milk
- ☐ 1 cup water
- ☐ 8 oz non-dairy whipped topping frozen thawed

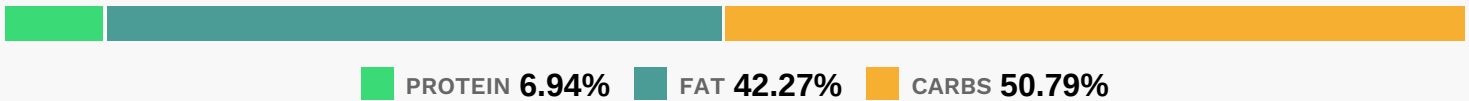
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Combine water and butter in a saucepan; heat until boiling.
- ☐ Whisk in flour until smooth; remove from heat.
- ☐ Pour mixture into a medium bowl; gradually blend in eggs.
- ☐ Spread in a greased 13"x9" baking pan; bake at 350 degrees for 30 minutes.
- ☐ Remove from oven; press baked crust down lightly and set aside.
- ☐ With an electric mixer on medium speed, beat together cream cheese, milk and pudding mix for 2 minutes; spread over crust. Refrigerate until firm.
- ☐ At serving time, spread with whipped topping; drizzle with chocolate syrup.

Nutrition Facts



Properties

Glycemic Index:15.83, Glycemic Load:7.12, Inflammation Score:-5, Nutrition Score:8.4821739860851%

Nutrients (% of daily need)

Calories: 437.11kcal (21.86%), Fat: 20.61g (31.7%), Saturated Fat: 12.65g (79.03%), Carbohydrates: 55.71g (18.57%), Net Carbohydrates: 54.3g (19.75%), Sugar: 39.3g (43.67%), Cholesterol: 101.68mg (33.89%), Sodium: 297.78mg (12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.23%), Phosphorus: 190.26mg (19.03%), Selenium: 12.05µg (17.22%), Vitamin B2: 0.29mg (16.95%), Vitamin A: 682.19IU (13.64%), Calcium: 125.73mg (12.57%), Copper: 0.24mg (12.12%), Manganese: 0.23mg (11.68%), Magnesium: 40.78mg (10.2%), Vitamin B12: 0.56µg (9.26%),

Iron: 1.64mg (9.09%), Vitamin B1: 0.13mg (8.93%), Potassium: 261.63mg (7.48%), Folate: 29.31µg (7.33%), Vitamin D: 0.96µg (6.43%), Zinc: 0.93mg (6.21%), Vitamin B5: 0.62mg (6.21%), Fiber: 1.41g (5.63%), Vitamin E: 0.68mg (4.5%), Vitamin B3: 0.86mg (4.3%), Vitamin B6: 0.08mg (4.19%), Vitamin K: 2.12µg (2.02%)