

Four Layer Delight

READY IN



45 min.

SERVINGS



15

CALORIES



345 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6.8 ounce butterscotch pudding mix instant
- 1.3 cups powdered sugar divided
- 8 ounce cream cheese
- 1 cup flour all-purpose
- 0.5 cup butter
- 3 cups milk
- 1.1 cups pecans chopped
- 8 ounce non-dairy whipped topping frozen thawed

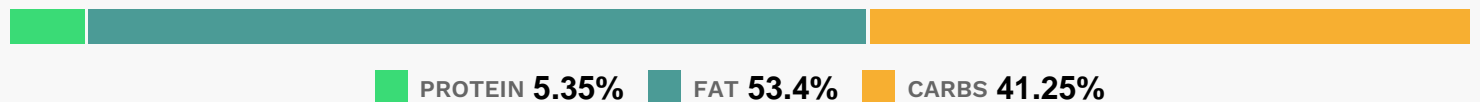
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 300 degrees F (150 degrees C). Coat a 9x13 inch baking dish with cooking spray.
- In a bowl, cream together margarine with 1/4 cup confectioners' sugar.
- Mix in flour and 1 cup pecans. Press into prepared dish.
- Bake in preheated oven 15 minutes, until very lightly browned. Cool completely.
- In a bowl, cream together cream cheese with remaining 1 cup confectioners' sugar. Fold in half the whipped topping.
- Spread over cooled crust.
- Stir together pudding mix and milk and allow to set up slightly.
- Spread over cream cheese layer. Top with remaining whipped topping and sprinkle with remaining nuts. Keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:5.73, Inflammation Score:-4, Nutrition Score:6.0847825744878%

Flavonoids

Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg, Cyanidin: 0.88mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg

Nutrients (% of daily need)

Calories: 344.9kcal (17.25%), Fat: 20.85g (32.08%), Saturated Fat: 7.46g (46.65%), Carbohydrates: 36.24g (12.08%), Net Carbohydrates: 35.15g (12.78%), Sugar: 26.81g (29.79%), Cholesterol: 21.43mg (7.14%), Sodium: 230.24mg (10.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Manganese: 0.43mg (21.49%), Vitamin A: 568.54IU (11.37%), Phosphorus: 110.3mg (11.03%), Vitamin B1: 0.15mg (10.26%), Vitamin B2: 0.17mg (10.23%), Calcium: 95.41mg (9.54%), Selenium: 5.9µg (8.43%), Copper: 0.12mg (5.91%), Vitamin B12: 0.33µg (5.58%), Magnesium: 20.23mg (5.06%), Zinc: 0.72mg (4.82%), Folate: 18.94µg (4.73%), Potassium: 156.81mg (4.48%), Fiber: 1.09g (4.35%), Vitamin E: 0.58mg (3.89%), Vitamin B5: 0.38mg (3.82%), Vitamin D: 0.54µg (3.58%), Iron: 0.64mg (3.56%), Vitamin B3: 0.67mg (3.35%), Vitamin B6: 0.06mg (3.14%), Vitamin K: 1.26µg (1.2%)