

Four-Layer Dessert

READY IN



215 min.

SERVINGS



12

CALORIES



186 kcal

DESSERT

Ingredients

- 8 ounce weight cream cheese fat free softened
- 3 cups skim milk fat free
- 1 cup flour
- 0.3 cup butter melted
- 0.5 cup powdered sugar
- 0.5 cup slivered almonds finely chopped
- 2 cups non-dairy whipped topping divided thawed

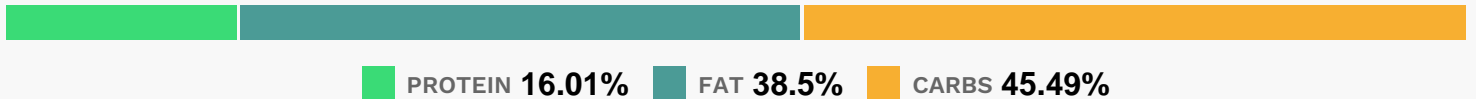
Equipment

- bowl
- oven
- whisk
- baking pan
- wooden spoon

Directions

- Mix flour, almonds and margarine in large bowl until well blended and crumbly. Press firmly onto bottom of 13x9-inch baking pan.
- Bake at 350 degrees F for 15 minutes or until lightly browned. Cool.
- Stir cream cheese and powdered sugar with wooden spoon until well blended. Gently stir in 1 cup of the whipped topping. Spoon over crust.
- Pour milk into large bowl.
- Add pudding mixes. Beat with wire whisk 2 minutes. Spoon over cream cheese mixture.
- Spread with remaining 1 cup whipped topping. Refrigerate 3 hours or until ready to serve.

Nutrition Facts



Properties

Glycemic Index:9.85, Glycemic Load:6.79, Inflammation Score:-4, Nutrition Score:6.8365217891886%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 186.09kcal (9.3%), Fat: 8.03g (12.35%), Saturated Fat: 2.54g (15.88%), Carbohydrates: 21.35g (7.12%), Net Carbohydrates: 20.5g (7.46%), Sugar: 12.19g (13.55%), Cholesterol: 4.36mg (1.45%), Sodium: 211.74mg (9.21%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.52g (15.03%), Phosphorus: 207.62mg (20.76%), Calcium: 171.2mg (17.12%), Vitamin B2: 0.25mg (14.53%), Vitamin B12: 0.56µg (9.41%), Vitamin E: 1.37mg (9.14%), Vitamin B1: 0.14mg (9.06%), Manganese: 0.18mg (8.96%), Selenium: 6.2µg (8.85%), Folate: 29.3µg (7.33%), Magnesium: 26.97mg (6.74%), Vitamin A: 313.42IU (6.27%), Potassium: 213.67mg (6.1%), Zinc: 0.79mg (5.24%), Vitamin B3: 0.91mg (4.54%), Vitamin D: 0.67µg (4.49%), Vitamin B5: 0.45mg (4.48%), Iron: 0.7mg (3.9%), Copper: 0.07mg (3.55%), Fiber: 0.84g (3.38%), Vitamin B6: 0.06mg (2.93%)