



## Four-Layer Dessert

 Popular

READY IN



215 min.

SERVINGS



12

CALORIES



239 kcal

DESSERT

### Ingredients

- 3 cups milk fat-free cold
- 1 cup flour
- 2.8 oz jell-o chocolate flavor pudding fat free sugar free instant
- 0.3 cup butter melted
- 8 oz philadelphia neufchatel cheese softened
- 0.5 cup powdered sugar
- 0.5 cup planters slivered almonds finely chopped
- 2 cups cool whip whipped topping sugar free divided thawed

## Equipment

- frying pan
- oven
- whisk
- blender

## Directions

- Heat oven to 350F.
- Mix flour, nuts and margarine; press onto bottom of 13x9-inch pan.
- Bake 15 min. or until lightly browned. Cool.
- Beat neufchatel cheese and sugar with mixer until well blended. Stir in 1 cup COOL WHIP; spread over crust.
- Beat pudding mixes and milk with whisk 2 min.; spread over cream cheese layer. Top with remaining COOL WHIP. Refrigerate several hours or until chilled.

## Nutrition Facts



## Properties

Glycemic Index:12.1, Glycemic Load:6.97, Inflammation Score:-4, Nutrition Score:6.4330434621838%

## 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: 239.07kcal (11.95%), Fat: 12.27g (18.88%), Saturated Fat: 4.89g (30.57%), Carbohydrates: 26.39g (8.8%), Net Carbohydrates: 25.31g (9.2%), Sugar: 16.25g (18.05%), Cholesterol: 16.07mg (5.36%), Sodium: 236.71mg

(10.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.86%), Phosphorus: 139.61mg (13.96%), Vitamin B2: 0.23mg (13.52%), Calcium: 127.77mg (12.78%), Manganese: 0.2mg (10.11%), Vitamin E: 1.45mg (9.65%), Vitamin A: 462.35IU (9.25%), Vitamin B1: 0.13mg (8.87%), Selenium: 6µg (8.58%), Vitamin B12: 0.44µg (7.36%), Magnesium: 27.68mg (6.92%), Folate: 25.53µg (6.38%), Potassium: 205.47mg (5.87%), Zinc: 0.7mg (4.65%), Copper: 0.09mg (4.63%), Vitamin B3: 0.92mg (4.59%), Vitamin D: 0.67µg (4.49%), Fiber: 1.08g (4.33%), Iron: 0.78mg (4.31%), Vitamin B5: 0.4mg (4%), Vitamin B6: 0.06mg (2.89%)