



Layered Dulce de Leche Dessert

READY IN



260 min.

SERVINGS



12

CALORIES



219 kcal

DESSERT

Ingredients

- 0.3 cup caramel ice cream topping
- 6.6 oz jell-o chocolate flavor pudding white instant
- 1.3 cups milk cold
- 40 vanilla wafers divided
- 8 oz cool whip whipped topping thawed

Equipment

- bowl
- frying pan

- whisk
- loaf pan
- aluminum foil

Directions

- Line 9x5-inch loaf pan with foil, with ends of foil extending over sides. Chop 4 wafers; set aside. Arrange 12 of the remaining wafers on bottom of prepared pan.
- Beat pudding mixes and milk in large bowl with whisk 2 min. (Pudding will be thick.) Stir in COOL WHIP.
- Spread 1/3 of the pudding mixture over wafers in pan; top with 12 of the remaining wafers and 2 Tbsp. caramel topping; repeat layers. Cover with remaining pudding mixture.
- Sprinkle with chopped wafers; press gently into pudding mixture.
- Freeze 4 hours or until firm. Use foil handles to lift dessert from pan; remove foil.
- Place dessert on plate.
- Let stand 15 min. to soften slightly before serving.

Nutrition Facts

PROTEIN 4.74% **FAT 28.81%** **CARBS 66.45%**

Properties

Glycemic Index:9.58, Glycemic Load:11.49, Inflammation Score:-1, Nutrition Score:2.6908695528527%

Nutrients (% of daily need)

Calories: 219.09kcal (10.95%), Fat: 7.07g (10.87%), Saturated Fat: 3.88g (24.23%), Carbohydrates: 36.66g (12.22%), Net Carbohydrates: 35.82g (13.02%), Sugar: 25.27g (28.08%), Cholesterol: 3.63mg (1.21%), Sodium: 342.53mg (14.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.62g (5.23%), Vitamin B1: 0.1mg (6.9%), Vitamin B2: 0.11mg (6.27%), Phosphorus: 61.12mg (6.11%), Calcium: 48.86mg (4.89%), Folate: 18.73µg (4.68%), Fiber: 0.84g (3.37%), Potassium: 113.92mg (3.25%), Vitamin B12: 0.18µg (3.06%), Manganese: 0.06mg (3.03%), Vitamin B3: 0.6mg (3.01%), Magnesium: 11.62mg (2.91%), Copper: 0.06mg (2.87%), Selenium: 1.39µg (1.98%), Vitamin D: 0.28µg (1.86%), Zinc: 0.22mg (1.47%), Iron: 0.22mg (1.22%), Vitamin A: 59.4IU (1.19%), Vitamin B5: 0.11mg (1.06%), Vitamin B6: 0.02mg (1.06%)