



Layered PB&J Dessert

 Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



321 kcal

Ingredients

- 0.8 cup creamy peanut butter
- 0.5 cup grape jelly
- 2 pkg jell-o vanilla flavor pudding instant (4-serving size each)
- 2.5 cups milk cold
- 10.8 oz round cake frozen thawed prepared cut into 18 slices
- 1.5 cups cool whip whipped topping thawed

Equipment

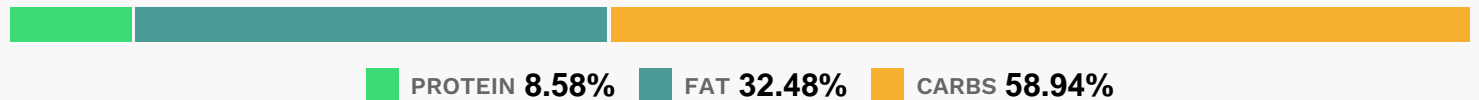
- bowl
- frying pan

whisk

Directions

- Spread jelly onto cake slices. Arrange half of the cake slices, jelly-sides up, on bottom of 13x9-inch pan.
- Stir peanut butter in medium bowl with wire whisk until creamy. Gradually add milk, stirring until well blended.
- Add dry pudding mixes. Beat 2 min. or until well blended.
- Spoon half of the pudding mixture over cake slices in pan; top with layers of the remaining cake slices, jelly-sides up, and remaining pudding mixture.
- Spread whipped topping over pudding mixture. Cover and refrigerate at least 1 hour before serving.
- Cut into 12 pieces. Store leftover dessert in refrigerator.

Nutrition Facts



Properties

Glycemic Index:8.92, Glycemic Load:6.58, Inflammation Score:-3, Nutrition Score:6.8839130505272%

Nutrients (% of daily need)

Calories: 321.44kcal (16.07%), Fat: 11.85g (18.24%), Saturated Fat: 3.85g (24.08%), Carbohydrates: 48.4g (16.13%), Net Carbohydrates: 47.24g (17.18%), Sugar: 35.24g (39.15%), Cholesterol: 32.19mg (10.73%), Sodium: 359.6mg (15.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.05g (14.1%), Phosphorus: 150.75mg (15.07%), Manganese: 0.3mg (14.94%), Vitamin B3: 2.7mg (13.51%), Vitamin B2: 0.19mg (11.21%), Vitamin E: 1.62mg (10.79%), Calcium: 98.49mg (9.85%), Magnesium: 37.37mg (9.34%), Vitamin B1: 0.12mg (7.77%), Folate: 27.64µg (6.91%), Selenium: 4.59µg (6.56%), Potassium: 215.91mg (6.17%), Vitamin B6: 0.12mg (6.03%), Iron: 1.06mg (5.9%), Vitamin B12: 0.35µg (5.9%), Zinc: 0.77mg (5.12%), Copper: 0.1mg (5.12%), Vitamin B5: 0.48mg (4.85%), Fiber: 1.15g (4.61%), Vitamin D: 0.61µg (4.07%), Vitamin A: 128.4IU (2.57%), Vitamin C: 1.25mg (1.51%)