



Mom's Texas Delight

 Popular

READY IN



60 min.

SERVINGS



12

CALORIES



363 kcal

SIDE DISH

Ingredients

- 0.5 cup butter melted
- 1 cup confectioners' sugar
- 8 ounce cream cheese room temperature
- 1 cup flour all-purpose
- 7 ounce coconut cream pudding mix instant
- 2 cups milk
- 0.5 cup pecans chopped
- 3 cups non-dairy whipped topping frozen thawed

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat the oven to 350 degrees F (175 degrees F). In a medium bowl, stir together the flour, 1/2 cup pecans and melted butter or margarine. Press into the bottom of a 9x13 inch baking dish.
- Bake for 15 minutes in the preheated oven, then chill until cold.
- In a medium bowl, mix together the cream cheese and confectioners' sugar until smooth. Stir in the whipped topping. Drop spoonfuls onto the chilled crust, and spread evenly. Return to the refrigerator while you prepare the next layer.
- In a medium bowl, mix together the pudding mixes and milk. Yes this is half as much milk as the package states.
- Spread over the cream cheese layer. Chill until set.
- Spread remaining whipped topping over the top, and garnish with chopped pecans.

Nutrition Facts



PROTEIN 5.63% **FAT 65.24%** **CARBS 29.13%**

Properties

Glycemic Index:12.5, Glycemic Load:6.77, Inflammation Score:-5, Nutrition Score:6.7000000010366%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 363.33kcal (18.17%), Fat: 26.98g (41.51%), Saturated Fat: 13.65g (85.34%), Carbohydrates: 27.11g (9.04%), Net Carbohydrates: 26.03g (9.47%), Sugar: 17.08g (18.98%), Cholesterol: 24.34mg (8.11%), Sodium: 178.56mg (7.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.47%), Manganese: 0.5mg (24.76%), Vitamin A: 674.45IU (13.49%), Phosphorus: 121.35mg (12.14%), Vitamin B2: 0.18mg (10.54%), Vitamin B1: 0.15mg (9.9%), Selenium: 6.61µg (9.45%), Calcium: 91.16mg (9.12%), Copper: 0.14mg (6.92%), Folate: 26.22µg (6.56%), Iron: 1.02mg (5.67%), Potassium: 192.57mg (5.5%), Magnesium: 20.59mg (5.15%), Vitamin B12: 0.31µg (5.14%), Zinc: 0.72mg (4.79%), Vitamin B3: 0.9mg (4.48%), Fiber: 1.08g (4.32%), Vitamin E: 0.64mg (4.26%), Vitamin B5: 0.4mg (3.95%), Vitamin B6: 0.06mg (3.09%), Vitamin D: 0.45µg (2.98%), Vitamin K: 1.31µg (1.25%)