



No Bake Chocolate Cream Cupcakes

READY IN



70 min.

SERVINGS



2

CALORIES



350 kcal

DESSERT

Ingredients

- 2 oz philadelphia cream cheese softened ()
- 1 Tbsp powdered sugar
- 1 oz baker's semi-sweet chocolate cooled melted
- 8 vanilla wafers
- 0.5 cup cool whip whipped topping divided thawed

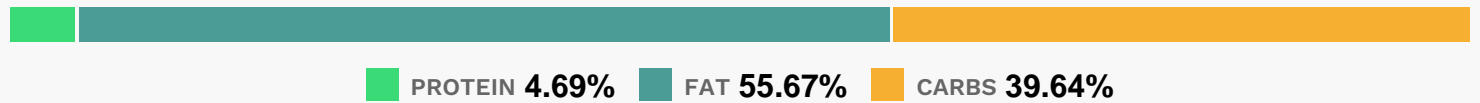
Equipment

- muffin liners

Directions

- Mix 1/4 cup of the whipped topping, the cream cheese, melted chocolate and sugar until well blended.
- Place 2 of the wafers in bottom of each of 2 paper-lined medium muffin cups. Cover with 1 Tbsp. of the whipped topping mixture. Repeat layers. Top evenly with remaining whipped topping. Cover.
- Refrigerate at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:13.67, Inflammation Score:-3, Nutrition Score:4.7669564848361%

Nutrients (% of daily need)

Calories: 349.74kcal (17.49%), Fat: 21.81g (33.56%), Saturated Fat: 12.34g (77.1%), Carbohydrates: 34.96g (11.65%), Net Carbohydrates: 33.49g (12.18%), Sugar: 22.19g (24.66%), Cholesterol: 30.1mg (10.03%), Sodium: 200.49mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 4.13g (8.27%), Manganese: 0.19mg (9.55%), Copper: 0.18mg (9.21%), Phosphorus: 91.14mg (9.11%), Vitamin B2: 0.14mg (8.53%), Vitamin A: 401.7IU (8.03%), Vitamin B1: 0.12mg (7.71%), Magnesium: 28.81mg (7.2%), Folate: 24.23µg (6.06%), Fiber: 1.47g (5.88%), Selenium: 4.1µg (5.86%), Iron: 0.95mg (5.27%), Calcium: 49.64mg (4.96%), Potassium: 156.97mg (4.48%), Vitamin B3: 0.79mg (3.94%), Zinc: 0.54mg (3.58%), Vitamin E: 0.42mg (2.81%), Vitamin K: 2.22µg (2.11%), Vitamin B12: 0.13µg (2.09%), Vitamin B5: 0.2mg (2.04%), Vitamin B6: 0.02mg (1.22%)