



Peanut Butter-Chocolate Trifle

READY IN



20 min.

SERVINGS



12

CALORIES



342 kcal

DESSERT

Ingredients

- 30 chocolate chip cookie mix chopped (2 inch)
- 3 Tbsp chocolate syrup
- 0.3 cup creamy peanut butter
- 3.9 oz jell-o chocolate flavor pudding instant
- 3.4 oz jell-o vanilla flavor pudding instant
- 3 cups milk cold divided
- 8 oz cool whip whipped topping divided thawed

Equipment

bowl

whisk

Directions

Empty pudding mixes into separate medium bowls.

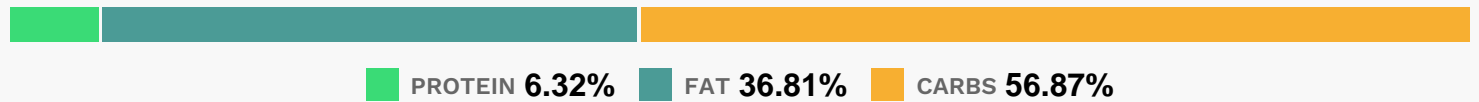
Add 1-1/2 cups milk to each; beat with whisk 2 min.

Add peanut butter to vanilla pudding; beat until well blended. Stir 1/2 cup COOL WHIP into pudding in each bowl.

Spoon chocolate pudding mixture into 2-qt. serving bowl; cover with layers of half each of the remaining COOL WHIP and chopped cookies. Repeat layers, using vanilla pudding mixture.

Drizzle with syrup.

Nutrition Facts



Properties

Glycemic Index:8.39, Glycemic Load:9.9, Inflammation Score:-2, Nutrition Score:5.4965216681037%

Nutrients (% of daily need)

Calories: 341.82kcal (17.09%), Fat: 14.12g (21.72%), Saturated Fat: 6.59g (41.17%), Carbohydrates: 49.08g (16.36%), Net Carbohydrates: 47.42g (17.24%), Sugar: 34.33g (38.15%), Cholesterol: 9.9mg (3.3%), Sodium: 348.26mg (15.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.46g (10.91%), Phosphorus: 126.66mg (12.67%), Vitamin B2: 0.17mg (10.11%), Calcium: 93.95mg (9.4%), Magnesium: 37.29mg (9.32%), Vitamin B1: 0.14mg (9.19%), Manganese: 0.15mg (7.65%), Vitamin B3: 1.4mg (7%), Potassium: 236.14mg (6.75%), Fiber: 1.66g (6.65%), Vitamin B12: 0.37µg (6.12%), Folate: 24.09µg (6.02%), Copper: 0.11mg (5.46%), Zinc: 0.67mg (4.49%), Vitamin D: 0.67µg (4.47%), Iron: 0.77mg (4.29%), Vitamin E: 0.62mg (4.15%), Vitamin B6: 0.07mg (3.33%), Selenium: 2.27µg (3.25%), Vitamin B5: 0.29mg (2.88%), Vitamin A: 112.81IU (2.26%)