



PHILADELPHIA® Almond Amaretto Dessert

 Gluten Free

READY IN



80 min.

SERVINGS



10

CALORIES



186 kcal

BEVERAGE

DRINK

Ingredients

- 3 Tbsp almond-flavored liqueur
- 2 cups milk fat-free divided
- 1 pkg jell-o vanilla flavor pudding fat free sugar free instant (4-serving size)
- 8 oz philadelphia neufchatel cheese softened
- 3 Tbsp baker's semi-sweet chocolate divided grated
- 2 cups cool whip lite whipped topping thawed

Equipment

- bowl

- whisk
- hand mixer

Directions

- Beat Neufchatel and 1/2 cup of the milk in medium bowl with electric mixer on low speed until well blended.
- Add remaining 1-1/2 cups milk to pudding mix in separate medium bowl. Beat with wire whisk 2 minutes or until well blended.
- Add to Neufchatel mixture; mix well. Stir in liqueur.
- Pour into medium bowl.
- Sprinkle 2 Tbsp. of the grated chocolate over pudding mixture; top with whipped topping.
- Sprinkle with remaining grated chocolate. Refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:6.03, Glycemic Load:1.02, Inflammation Score:-3, Nutrition Score:3.5826087127561%

Nutrients (% of daily need)

Calories: 185.51kcal (9.28%), Fat: 8.95g (13.76%), Saturated Fat: 5.62g (35.15%), Carbohydrates: 20.19g (6.73%), Net Carbohydrates: 19.77g (7.19%), Sugar: 18.11g (20.13%), Cholesterol: 18.82mg (6.27%), Sodium: 168.41mg (7.32%), Alcohol: 0.98g (100%), Alcohol %: 1.18% (100%), Caffeine: 3.87mg (1.29%), Protein: 4.51g (9.03%), Phosphorus: 106.72mg (10.67%), Calcium: 105.14mg (10.51%), Vitamin B2: 0.12mg (6.84%), Vitamin B12: 0.39µg (6.51%), Vitamin A: 304.05IU (6.08%), Potassium: 158.89mg (4.54%), Magnesium: 17.12mg (4.28%), Zinc: 0.54mg (3.62%), Vitamin D: 0.54µg (3.59%), Selenium: 2.48µg (3.55%), Copper: 0.07mg (3.34%), Manganese: 0.06mg (3.22%), Vitamin B5: 0.32mg (3.19%), Vitamin B1: 0.04mg (2.46%), Vitamin B6: 0.04mg (2.11%), Iron: 0.34mg (1.87%), Fiber: 0.42g (1.67%), Vitamin E: 0.19mg (1.28%), Folate: 4.61µg (1.15%), Vitamin K: 1.19µg (1.13%)