



Pistachio Bar Dessert

READY IN



260 min.

SERVINGS



32

CALORIES



157 kcal

DESSERT

Ingredients

- 6 Tbsp butter melted
- 6.8 oz jell-o pistachio flavor pudding instant
- 2 cups milk cold
- 3 cups oreo cookies crushed finely
- 0.5 cup toffee bits
- 8 oz cool whip whipped topping divided thawed

Equipment

- bowl

frying pan

whisk

Directions

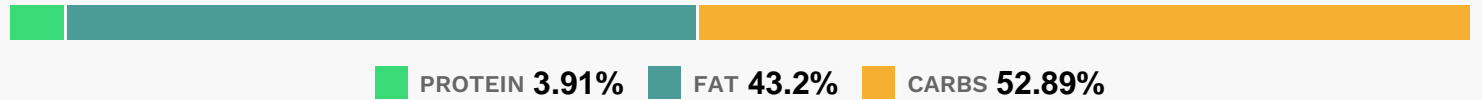
Combine cookie crumbs and butter; press onto bottom of 13x9-inch pan. Refrigerate until ready to use.

Beat pudding mixes and milk in large bowl with whisk 2 min.; spread 1-1/2 cups onto crust. Stir half the COOL WHIP into remaining pudding; spread over pudding layer in pan. Cover with remaining COOL WHIP.

Refrigerate 4 hours or until firm.

Sprinkle with toffee bits just before serving.

Nutrition Facts



Properties

Glycemic Index:2.78, Glycemic Load:1.49, Inflammation Score:-2, Nutrition Score:2.8365217351719%

Nutrients (% of daily need)

Calories: 156.91kcal (7.85%), Fat: 7.64g (11.76%), Saturated Fat: 3.16g (19.73%), Carbohydrates: 21.05g (7.02%), Net Carbohydrates: 20.61g (7.5%), Sugar: 16.45g (18.28%), Cholesterol: 5.82mg (1.94%), Sodium: 185.65mg (8.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Iron: 1.82mg (10.13%), Phosphorus: 78.86mg (7.89%), Manganese: 0.1mg (5.12%), Vitamin K: 4.49µg (4.28%), Vitamin B2: 0.07mg (4.02%), Vitamin E: 0.53mg (3.54%), Vitamin A: 166.85IU (3.34%), Calcium: 29.71mg (2.97%), Copper: 0.06mg (2.83%), Vitamin B1: 0.04mg (2.68%), Magnesium: 9.66mg (2.42%), Folate: 9.46µg (2.37%), Vitamin B3: 0.42mg (2.08%), Potassium: 68.84mg (1.97%), Selenium: 1.31µg (1.87%), Vitamin B12: 0.1µg (1.74%), Fiber: 0.44g (1.74%), Zinc: 0.19mg (1.26%), Vitamin D: 0.17µg (1.12%), Vitamin B5: 0.11mg (1.11%)