

Pistachio Eclair Dessert

READY IN



20 min.

SERVINGS



20

CALORIES



260 kcal

Ingredients

- 16 ounces chocolate frosting canned
- 14.4 ounces graham crackers
- 3.4 ounces pistachio pudding mix instant
- 3.4 ounces vanilla pudding french instant
- 8 ounces non-dairy whipped topping frozen thawed
- 3 cups milk whole cold

Equipment

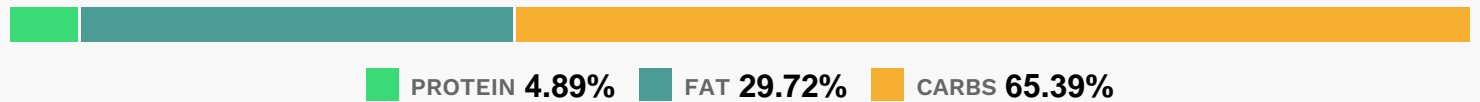
- bowl
- whisk

microwave

Directions

- In a large bowl, whisk milk and pudding mixes for 2 minutes. Fold in whipped topping.
- In a 13-in. x 9-in. dish, layer a third of the graham crackers and half of the pudding mixture. Repeat layers. Top with remaining graham crackers. Refrigerate for at least 1 hour.
- Spoon frosting into a microwave-safe bowl. Cover and microwave on high for 15–20 seconds or until softened, stirring once.
- Spread over graham crackers. Cover and refrigerate for at least 20 minutes or until frosting is set.

Nutrition Facts



Properties

Glycemic Index:5.6, Glycemic Load:11.65, Inflammation Score:-1, Nutrition Score:3.7334782377533%

Nutrients (% of daily need)

Calories: 260.38kcal (13.02%), Fat: 8.74g (13.44%), Saturated Fat: 3.56g (22.25%), Carbohydrates: 43.26g (14.42%), Net Carbohydrates: 42.33g (15.39%), Sugar: 30.52g (33.91%), Cholesterol: 4.62mg (1.54%), Sodium: 298.14mg (12.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Phosphorus: 138.58mg (13.86%), Calcium: 71.83mg (7.18%), Vitamin B2: 0.12mg (6.8%), Iron: 1.18mg (6.56%), Magnesium: 22.04mg (5.51%), Vitamin B1: 0.07mg (4.82%), Potassium: 148.48mg (4.24%), Vitamin B3: 0.85mg (4.24%), Zinc: 0.63mg (4.18%), Fiber: 0.93g (3.71%), Vitamin B12: 0.22µg (3.69%), Copper: 0.06mg (2.92%), Vitamin E: 0.43mg (2.87%), Manganese: 0.06mg (2.81%), Vitamin D: 0.4µg (2.68%), Folate: 9.96µg (2.49%), Vitamin B6: 0.05mg (2.31%), Selenium: 1.23µg (1.75%), Vitamin B5: 0.14mg (1.44%), Vitamin A: 68.01IU (1.36%)