



Pudding Breeze

READY IN



35 min.

SERVINGS



6

CALORIES



1153 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups confectioners' sugar
- ☐ 16 ounce cream cheese
- ☐ 1.5 cups flour all-purpose
- ☐ 11.7 ounce chocolate pudding mix instant
- ☐ 0.8 cup butter
- ☐ 3 cups non-dairy whipped topping frozen thawed cool whip® ()
- ☐ 5 cups milk whole

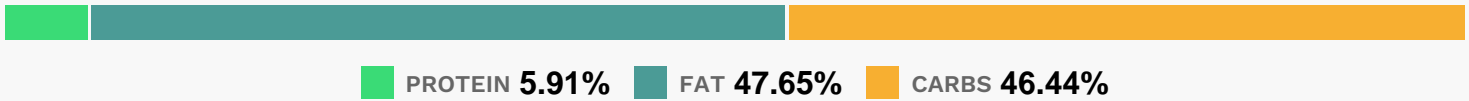
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Crumble flour and margarine together. Blend well. Press mixture into the bottom of a 9x13 inch pan.
- ☐ Bake 15 minutes at 375 degrees F (190 degrees C) and let cool.
- ☐ In a mixing bowl, cream cream cheese and sugar together. Stir 2 cups whipped topping into the mixture; whip together and spread evenly over cooled crust.
- ☐ Mix the pudding mix with 5 cups milk (do not follow directions on box).
- ☐ Pour this mixture over the second layer and top with remainder of dairy whipped topping. Refrigerate and serve chilled.

Nutrition Facts



Properties

Glycemic Index:23.33, Glycemic Load:21.99, Inflammation Score:-9, Nutrition Score:18.959565445457%

Nutrients (% of daily need)

Calories: 1152.93kcal (57.65%), Fat: 61.62g (94.81%), Saturated Fat: 28.53g (178.33%), Carbohydrates: 135.13g (45.04%), Net Carbohydrates: 132.3g (48.11%), Sugar: 98.19g (109.1%), Cholesterol: 101.5mg (33.83%), Sodium: 1400.62mg (60.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.87mg (1.29%), Protein: 17.2g (34.4%), Vitamin A: 2387.41IU (47.75%), Vitamin B2: 0.69mg (40.65%), Phosphorus: 394.09mg (39.41%), Calcium: 370.29mg (37.03%), Selenium: 23.48µg (33.54%), Vitamin B1: 0.39mg (26.16%), Vitamin B12: 1.37µg (22.79%), Manganese: 0.43mg (21.7%), Potassium: 619.28mg (17.69%), Folate: 67.06µg (16.76%), Magnesium: 66.43mg (16.61%), Vitamin D: 2.24µg (14.91%), Vitamin B5: 1.36mg (13.64%), Copper: 0.26mg (13.14%), Iron: 2.31mg (12.82%), Vitamin E: 1.88mg (12.51%), Zinc: 1.81mg (12.1%), Vitamin B3: 2.3mg (11.5%), Fiber: 2.83g (11.34%), Vitamin B6: 0.2mg (9.84%), Vitamin K: 4.32µg (4.11%)