



Quick & Easy Layered Dessert

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



250 kcal

DESSERT

Ingredients

- 0.5 cup chocolate syrup
- 3.9 oz jell-o chocolate flavor pudding instant
- 2 cups milk cold
- 10.5 oz round cake prepared cut into 1/2-inch cubes
- 8 oz cool whip whipped topping divided thawed

Equipment

- bowl
- whisk

Directions

- Beat pudding mix and milk with whisk 2 min.
- Place half the cake cubes in 3-qt. serving bowl; drizzle with 1/4 cup chocolate syrup. Top with layers of 1 cup pudding and half the COOL WHIP. Repeat all layers.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.87, Inflammation Score:-2, Nutrition Score:5.1413043649948%

Nutrients (% of daily need)

Calories: 250.05kcal (12.5%), Fat: 5.72g (8.79%), Saturated Fat: 3.88g (24.24%), Carbohydrates: 45.27g (15.09%), Net Carbohydrates: 44.34g (16.12%), Sugar: 33.57g (37.3%), Cholesterol: 36.67mg (12.22%), Sodium: 389.12mg (16.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.92%), Phosphorus: 134.16mg (13.42%), Vitamin B2: 0.18mg (10.67%), Calcium: 100.39mg (10.04%), Manganese: 0.16mg (8.12%), Iron: 1.29mg (7.17%), Vitamin B1: 0.11mg (7.11%), Copper: 0.14mg (6.86%), Selenium: 4.67µg (6.67%), Magnesium: 25.44mg (6.36%), Vitamin B12: 0.38µg (6.34%), Potassium: 185.27mg (5.29%), Vitamin D: 0.6µg (3.98%), Folate: 15.3µg (3.83%), Fiber: 0.94g (3.75%), Zinc: 0.55mg (3.68%), Vitamin B3: 0.72mg (3.61%), Vitamin B5: 0.33mg (3.29%), Vitamin A: 141.68IU (2.83%), Vitamin B6: 0.05mg (2.6%), Vitamin E: 0.22mg (1.47%), Vitamin K: 1.17µg (1.12%)