



Robert Redford Cake

READY IN



290 min.

SERVINGS



15

CALORIES



329 kcal

DESSERT

Ingredients

- 0.5 cup butter softened
- 1 cup confectioners' sugar
- 8 ounce cream cheese softened
- 1.3 cups flour all-purpose
- 6 ounce pistachio pudding mix instant
- 3 cups milk
- 0.3 cup walnuts chopped
- 16 ounce non-dairy whipped topping frozen thawed

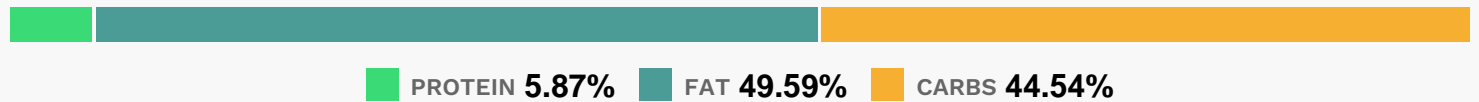
Equipment

- bowl
- frying pan
- oven

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In medium bowl, mix butter, flour, and chopped nuts. Press into 9x13 inch pan.
- Bake at 350 degrees F (175 degrees C) for 20 minutes. Cool completely.
- In a medium bowl, combine softened cream cheese and confectioners sugar, beat until smooth, then spread over cooled crust.
- In a large bowl, combine pudding mix with 3 cups milk. Beat until smooth, and spread over cream cheese layer.
- Spread whipped topping over pudding layer.
- Sprinkle with nuts. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:6.87, Inflammation Score:-4, Nutrition Score:5.4534782390718%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 328.73kcal (16.44%), Fat: 18.3g (28.16%), Saturated Fat: 11.45g (71.58%), Carbohydrates: 36.99g (12.33%), Net Carbohydrates: 36.58g (13.3%), Sugar: 28.49g (31.66%), Cholesterol: 38mg (12.67%), Sodium: 300.26mg (13.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.75%), Phosphorus: 187.6mg (18.76%), Vitamin B2: 0.19mg (11.23%), Calcium: 102.89mg (10.29%), Vitamin A: 494.2IU (9.88%), Selenium: 6.78µg (9.69%), Vitamin B1: 0.13mg (8.39%), Manganese: 0.14mg (7.08%), Vitamin B12: 0.37µg (6.21%), Folate: 23.47µg (5.87%), Potassium: 146.78mg (4.19%), Magnesium: 14.97mg (3.74%), Vitamin B3: 0.74mg (3.68%), Vitamin D: 0.54µg (3.58%), Vitamin

B5: 0.34mg (3.36%), Vitamin E: 0.5mg (3.36%), Iron: 0.59mg (3.3%), Copper: 0.06mg (3.17%), Zinc: 0.45mg (3.02%), Vitamin B6: 0.06mg (2.99%), Vitamin K: 2.06µg (1.96%), Fiber: 0.41g (1.65%)