



## Sand Cake

READY IN



45 min.

SERVINGS



6

CALORIES



735 kcal

## Ingredients

- 6 ounce cream cheese softened
- 4 ounce chocolate pudding instant
- 1.5 cups milk
- 12 ounce vanilla wafers
- 8 ounce cool whip
- 6 servings shells for decorating (available at most candy stores)
- 1 teaspoon vanilla extract

## Equipment

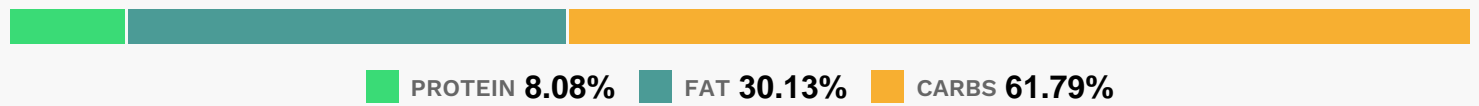
- food processor

- blender
- potato masher

## Directions

- Make the "sand" by crushing the Nilla Wafers with a potato masher or in a food processor. With a mixer, combine the Cool Whip, cream cheese, pudding mix, milk, and vanilla.
- Layer a fifth of the crumbs in the bottom of a large, clean sand pail. Top with a third of the pudding mixture, then a layer of crumbs. Continue layering, ending with crumbs. Cover and refrigerate at least 30 minutes. Decorate with the candy shells.

## Nutrition Facts



## Properties

Glycemic Index:30.67, Glycemic Load:49.62, Inflammation Score:-5, Nutrition Score:14.520869467569%

## Nutrients (% of daily need)

Calories: 735.21kcal (36.76%), Fat: 24.66g (37.95%), Saturated Fat: 11.49g (71.8%), Carbohydrates: 113.82g (37.94%), Net Carbohydrates: 110.41g (40.15%), Sugar: 42.37g (47.08%), Cholesterol: 42.57mg (14.19%), Sodium: 640.84mg (27.86%), Alcohol: 0.23g (100%), Alcohol %: 0.11% (100%), Protein: 14.88g (29.77%), Selenium: 40.6µg (57.99%), Vitamin B2: 0.56mg (32.85%), Manganese: 0.59mg (29.5%), Phosphorus: 260.95mg (26.09%), Vitamin B1: 0.39mg (25.81%), Folate: 69.52µg (17.38%), Vitamin B12: 0.95µg (15.85%), Calcium: 157.45mg (15.75%), Fiber: 3.42g (13.67%), Vitamin B3: 2.7mg (13.5%), Magnesium: 51.16mg (12.79%), Copper: 0.24mg (12.11%), Potassium: 387.84mg (11.08%), Vitamin A: 545.7IU (10.91%), Zinc: 1.42mg (9.44%), Vitamin B6: 0.18mg (9.08%), Vitamin B5: 0.64mg (6.35%), Iron: 1.02mg (5.64%), Vitamin D: 0.67µg (4.47%), Vitamin E: 0.38mg (2.55%), Vitamin K: 1.23µg (1.17%)