



## Sex in a Pan II

READY IN



35 min.

SERVINGS



15

CALORIES



307 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.6 cup butter softened
- 1 cup powdered sugar
- 8 ounce cream cheese
- 1.3 cups flour all-purpose
- 7.8 ounce chocolate pudding instant
- 2.5 cups milk
- 0.5 cup walnuts
- 1 cup non-dairy whipped topping frozen thawed

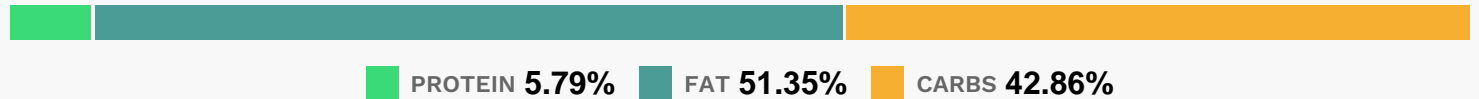
# Equipment

- bowl
- oven
- baking pan

# Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cut the butter into the flour until the mixture resembles coarse crumbs; pat mixture into the bottom of a 9x13 inch baking dish.
- Bake at 350 degrees F (175 degrees C) for 15 minutes; let cool.
- In a medium bowl, cream together sugar and cheese, then fold in 1 cup whipped topping.
- Spread over cooled crust and sprinkle with walnuts. Beat pudding and milk in a medium bowl until thick; pour over cream cheese mixture. Cover and refrigerate; when ready to serve spread 1 cup whipped topping over top.

# Nutrition Facts



# Properties

Glycemic Index:14, Glycemic Load:6.76, Inflammation Score:-4, Nutrition Score:5.4578260674101%

# Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg

# Nutrients (% of daily need)

Calories: 306.6kcal (15.33%), Fat: 17.75g (27.31%), Saturated Fat: 9.61g (60.09%), Carbohydrates: 33.34g (11.11%), Net Carbohydrates: 32.27g (11.74%), Sugar: 21.67g (24.08%), Cholesterol: 40.59mg (13.53%), Sodium: 338.45mg (14.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9%), Manganese: 0.26mg (13.09%), Vitamin A: 509.78IU (10.2%), Phosphorus: 98.58mg (9.86%), Vitamin B2: 0.17mg (9.74%), Selenium: 6.43µg (9.18%), Vitamin B1: 0.12mg (8.28%), Calcium: 77.74mg (7.77%), Copper: 0.13mg (6.67%), Folate: 25.12µg (6.28%), Magnesium: 21.87mg (5.47%), Vitamin B12: 0.28µg (4.65%), Iron: 0.82mg (4.53%), Potassium: 151.57mg (4.33%), Fiber: 1.07g (4.29%), Vitamin B3: 0.76mg (3.79%), Zinc: 0.54mg (3.61%), Vitamin B5: 0.32mg (3.2%), Vitamin B6: 0.06mg (3.09%), Vitamin D: 0.45µg (2.98%), Vitamin E: 0.44mg (2.92%), Vitamin K: 1.62µg (1.54%)