



## Shortbread Striped Delight

READY IN



270 min.

SERVINGS



30

CALORIES



160 kcal

DESSERT

### Ingredients

- 0.5 cup butter melted
- 8 oz philadelphia cream cheese softened
- 1 cup flour
- 7.8 oz jell-o chocolate flavor pudding instant
- 2 Tbsp milk
- 3.5 cups milk cold
- 1 cup planters pecans finely chopped
- 0.3 cup sugar
- 8 oz cool whip whipped topping divided thawed

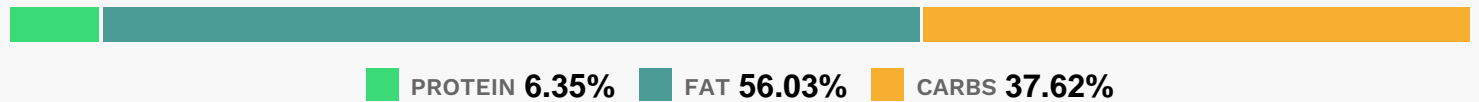
## Equipment

- bowl
- frying pan
- oven
- whisk

## Directions

- Heat oven to 350F.
- Mix flour, nuts, sugar and butter; press onto bottom of 13x9-inch pan.
- Bake 20 min. or until lightly browned. Cool.
- Whisk cream cheese and 2 Tbsp. milk in large bowl until blended. Stir in half the COOL WHIP; spread onto crust.
- Beat pudding mixes and 3-1/2 cups milk in large bowl with whisk 2 min.
- Pour over cream cheese layer. Refrigerate 4 hours or until firm. Cover with remaining COOL WHIP before serving.

## Nutrition Facts



## Properties

Glycemic Index:10.27, Glycemic Load:4.11, Inflammation Score:-2, Nutrition Score:3.2847826419317%

## Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

## Nutrients (% of daily need)

Calories: 160.45kcal (8.02%), Fat: 10.16g (15.64%), Saturated Fat: 5.15g (32.16%), Carbohydrates: 15.36g (5.12%), Net Carbohydrates: 14.66g (5.33%), Sugar: 10.3g (11.44%), Cholesterol: 19.46mg (6.49%), Sodium: 170.14mg (7.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.19%), Manganese: 0.21mg (10.3%), Phosphorus: 63.3mg (6.33%), Vitamin B2: 0.1mg (5.61%), Calcium: 53.69mg (5.37%), Vitamin A: 251.25IU (5.03%), Vitamin B1: 0.08mg (5.01%), Selenium: 3.16µg (4.52%), Copper: 0.07mg (3.71%), Vitamin B12: 0.2µg (3.29%), Magnesium: 13.05mg (3.26%), Potassium: 98.14mg (2.8%), Fiber: 0.69g (2.78%), Zinc: 0.39mg (2.63%), Folate: 9.59µg (2.4%), Vitamin D: 0.32µg (2.16%), Iron: 0.39mg (2.16%), Vitamin B5: 0.21mg (2.06%), Vitamin B3: 0.35mg (1.74%), Vitamin E: 0.26mg (1.73%), Vitamin B6: 0.03mg (1.67%)