



Slow-Cooker Turtle Pudding

 Vegetarian  Gluten Free  Popular

READY IN



190 min.

SERVINGS



6

CALORIES



281 kcal

DESSERT

Ingredients

- 1 cup sugar
- 0.5 cup cocoa powder unsweetened
- 0.5 cup milk
- 0.8 cup mrs richardson's butterscotch caramel sauce
- 1.7 cups water hot
- 0.5 cup pecans chopped
- 1.5 cups frangelico

Equipment

- bowl
- slow cooker

Directions

- Spray 3-quart slow cooker with cooking spray. In large bowl, mix Bisquick mix, 1/2 cup of the sugar and the cocoa. Stir in milk and 1/2 cup of the caramel until well blended. Put in slow cooker.
- Pour hot water over top (do not stir).
- Sprinkle with remaining 1/2 cup sugar.
- Cover; cook on Low heat setting 2 1/2 to 3 hours or until top springs back when touched lightly (center will still be soft). Turn off slow cooker; let stand uncovered 20 minutes to cool slightly.
- Serve warm pudding with remaining 1/4 cup caramel topping and chopped pecans.

Nutrition Facts

PROTEIN 4.19% **FAT 24.02%** **CARBS 71.79%**

Properties

Glycemic Index:19.68, Glycemic Load:23.67, Inflammation Score:-3, Nutrition Score:6.243913066128%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 5.3mg, Catechin: 5.3mg, Catechin: 5.3mg, Catechin: 5.3mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 14.15mg, Epicatechin: 14.15mg, Epicatechin: 14.15mg, Epicatechin: 14.15mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 280.66kcal (14.03%), Fat: 8.28g (12.74%), Saturated Fat: 1.52g (9.49%), Carbohydrates: 55.66g (18.55%), Net Carbohydrates: 52.14g (18.96%), Sugar: 50.83g (56.48%), Cholesterol: 2.44mg (0.81%), Sodium: 109.18mg (4.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.48mg (5.49%), Protein: 3.25g (6.49%), Manganese: 0.7mg (35%), Copper: 0.39mg (19.68%), Fiber: 3.52g (14.09%), Magnesium: 51.26mg (12.82%), Phosphorus: 109.32mg (10.93%), Iron: 1.24mg (6.9%), Zinc: 0.99mg (6.62%), Calcium: 56.69mg (5.67%), Potassium: 195.99mg (5.6%), Vitamin B1: 0.08mg (5.13%), Vitamin B2: 0.06mg (3.73%), Selenium: 2.32µg (3.32%), Vitamin B12: 0.16µg

(2.68%), Vitamin B5: 0.22mg (2.17%), Vitamin B6: 0.04mg (2%), Vitamin D: 0.22µg (1.49%), Vitamin B3: 0.28mg (1.42%), Vitamin A: 63.45IU (1.27%), Folate: 4.86µg (1.21%), Vitamin E: 0.16mg (1.06%)