



Small Batch Chocolate Éclair Cake



Vegetarian



Gluten Free

READY IN



11 min.

SERVINGS



6

CALORIES



276 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons natural baking cocoa unsweetened
- ☐ 3 tablespoons butter softened
- ☐ 3.4 oz jell-o vanilla pudding instant
- ☐ 1.5 cups milk 2% ()
- ☐ 3 tablespoons warm milk
- ☐ 1.5 cups powdered sugar
- ☐ 0.5 teaspoon vanilla

Equipment

- ☐ whisk
- ☐ blender
- ☐ baking pan

Directions

- ☐ With a hand-held mixer or whisk, beat together pudding mix and milk for about 2 minutes. Pudding should start to thicken. Fold in the whipped topping or freshly whipped cream. Break the graham crackers into squares and lay them across the bottom of an 8 inch baking dish. You'll need to break some of them to cover the bottom of the dish.
- ☐ Spread the pudding mix across the graham crackers.
- ☐ Layer on more graham crackers and more pudding mix twice so that you have a total of 3 layers of graham crackers and two layers of pudding mixture. To make the icing, beat the butter, cocoa powder and sugar together, then add milk and beat until creamy and smooth. Beat in vanilla.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:1.22, Inflammation Score:-2, Nutrition Score:3.6530434670656%

Flavonoids

Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg, Catechin: 1.62mg Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg, Epicatechin: 4.91mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 275.54kcal (13.78%), Fat: 8.28g (12.73%), Saturated Fat: 5.09g (31.8%), Carbohydrates: 49.65g (16.55%), Net Carbohydrates: 48.63g (17.68%), Sugar: 45.47g (50.52%), Cholesterol: 23.27mg (7.76%), Sodium: 174.21mg (7.57%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Caffeine: 5.75mg (1.92%), Protein: 2.84g (5.69%), Calcium: 90.27mg (9.03%), Phosphorus: 89.56mg (8.96%), Vitamin B2: 0.11mg (6.53%), Vitamin B12: 0.38µg (6.36%), Vitamin A: 285.9IU (5.72%), Magnesium: 20.88mg (5.22%), Manganese: 0.1mg (5.1%), Copper: 0.1mg (5.06%), Vitamin D: 0.75µg (5.02%), Potassium: 146.74mg (4.19%), Fiber: 1.02g (4.09%), Zinc: 0.46mg (3.09%), Selenium: 2.05µg (2.93%), Vitamin B1: 0.04mg (2.71%), Vitamin B5: 0.27mg (2.7%), Vitamin B6: 0.05mg (2.25%), Iron: 0.38mg (2.11%), Vitamin E: 0.2mg (1.33%)