



Tiramisu Bowl: Serve it Your Way

READY IN



140 min.

SERVINGS



20

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz philadelphia cream cheese softened
- 6.8 oz jell-o vanilla flavor pudding instant
- 3 cups milk cold
- 1 cup raspberries fresh
- 2 oz baker's semi-sweet chocolate grated
- 0.5 cup strong maxwell house coffee cooled brewed
- 48 vanilla wafers
- 8 oz cool whip whipped topping divided thawed

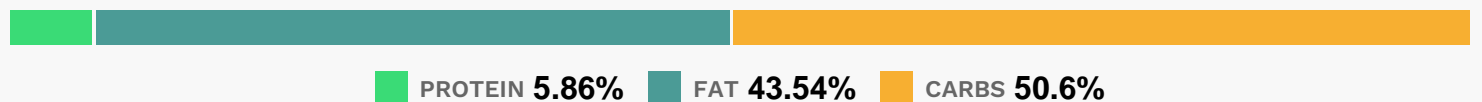
Equipment

- bowl
- frying pan
- blender

Directions

- Beat cream cheese in large bowl with mixer until creamy. Gradually beat in milk and dry pudding mixes. Gently stir in 2 cups COOL WHIP.
- NOW, YOU CHOOSE!
- Bowl: Line bottom and side of 2-1/2-qt. bowl with half the wafers; drizzle with half the coffee. Top with half the pudding mixture and chocolate. Repeat layers. Top with remaining COOL WHIP and raspberries. Refrigerate several hours.
- Pan: Cover bottom of 13x9-inch pan with half the wafers; drizzle with half the coffee. Top with half each of the pudding mixture and chocolate. Repeat layers. Top with remaining COOL WHIP and raspberries. Refrigerate several hours.
- Place 1 wafer on bottom of each of 16 dessert dishes; drizzle each with 3/4 tsp. coffee. Top each with 1/4 cup pudding mixture and a sprinkle of chocolate. Repeat layers. Top with remaining COOL WHIP, raspberries and wafers. Refrigerate several hours.

Nutrition Facts



Properties

Glycemic Index:8.4, Glycemic Load:8.85, Inflammation Score:-2, Nutrition Score:3.3852173971093%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg,

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg
Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 209.7kcal (10.49%), Fat: 10.23g (15.74%), Saturated Fat: 5.71g (35.68%), Carbohydrates: 26.75g (8.92%),
Net Carbohydrates: 25.87g (9.41%), Sugar: 18.37g (20.41%), Cholesterol: 16.39mg (5.46%), Sodium: 177.24mg
(7.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.81mg (1.6%), Protein: 3.1g (6.19%), Vitamin B2: 0.13mg
(7.61%), Phosphorus: 73.02mg (7.3%), Calcium: 67.93mg (6.79%), Vitamin B1: 0.09mg (5.97%), Vitamin A: 223.37IU
(4.47%), Vitamin B12: 0.25µg (4.17%), Manganese: 0.08mg (4.13%), Folate: 15.41µg (3.85%), Potassium: 123.38mg
(3.53%), Fiber: 0.88g (3.5%), Selenium: 2.28µg (3.26%), Magnesium: 12.69mg (3.17%), Vitamin D: 0.4µg (2.68%),
Vitamin B3: 0.51mg (2.53%), Vitamin B5: 0.24mg (2.44%), Copper: 0.05mg (2.32%), Zinc: 0.32mg (2.14%), Vitamin
C: 1.57mg (1.91%), Vitamin B6: 0.04mg (1.76%), Vitamin E: 0.24mg (1.61%), Iron: 0.25mg (1.4%), Vitamin K: 1.39µg
(1.32%)