



Tiramisu in a Jar

 **Gluten Free**

READY IN



140 min.

SERVINGS



20

CALORIES



129 kcal

Ingredients

- 8 oz philadelphia cream cheese spread
- 3.4 oz jell-o vanilla flavor pudding instant
- 2 cups milk cold
- 10.7 oz round cake prepared cut into 1/2-inch cubes
- 1 cup raspberries fresh
- 1 oz baker's semi-sweet chocolate grated
- 0.3 cup strong maxwell house coffee cooled brewed
- 1.5 cups cool whip whipped topping divided thawed

Equipment

- bowl
- blender

Directions

- Beat cream cheese spread in large bowl with mixer until creamy. Gradually add milk, then dry pudding mix, beating well after each addition. Gently stir in 1 cup COOL WHIP.
- Place half the cake cubes evenly in 8 jars or dessert dishes.
- Drizzle 1 tsp. coffee over cake in each jar; top each with 1/4 cup pudding mixture and a sprinkle of chocolate. Cover with remaining cake cubes, coffee, pudding mixture, chocolate and COOL WHIP. Top with raspberries.
- Refrigerate 2 hours.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.52, Inflammation Score:-2, Nutrition Score:2.6530434877976%

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: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 128.98kcal (6.45%), Fat: 4.99g (7.67%), Saturated Fat: 3.11g (19.43%), Carbohydrates: 18.39g (6.13%), Net Carbohydrates: 17.78g (6.46%), Sugar: 13.03g (14.48%), Cholesterol: 25.63mg (8.54%), Sodium: 191.31mg (8.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Calcium: 60.93mg (6.09%), Phosphorus: 55.23mg (5.52%), Vitamin B2: 0.09mg (5.07%), Manganese: 0.09mg (4.66%), Vitamin B1: 0.05mg (3.64%), Vitamin A: 177.46IU (3.55%), Selenium: 2.15µg (3.08%), Iron: 0.55mg (3.07%), Vitamin B12: 0.18µg (3.03%), Fiber: 0.61g (2.43%), Magnesium: 8.92mg (2.23%), Potassium: 77.29mg (2.21%), Folate: 8.64µg (2.16%), Vitamin D: 0.3µg (1.99%),

Vitamin B5: 0.2mg (1.98%), Vitamin C: 1.57mg (1.91%), Vitamin B3: 0.38mg (1.9%), Copper: 0.03mg (1.72%), Zinc: 0.25mg (1.65%), Vitamin B6: 0.03mg (1.39%)