



Vanilla and Chocolate Delight

READY IN



45 min.

SERVINGS



15

CALORIES



396 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup butter melted
- 1 cup powdered sugar
- 8 ounce cream cheese softened
- 1 cup flour all-purpose
- 3.9 ounce chocolate pudding instant
- 3.4 ounce vanilla pudding instant
- 3 cups milk
- 2.9 ounce chocolate crispy with rice, crumbled
- 1 cup pecans finely chopped

16 ounce non-dairy whipped topping frozen divided thawed

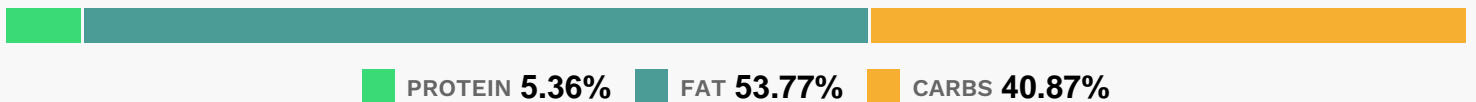
Equipment

- bowl
- frying pan
- oven
- mixing bowl

Directions

- Preheat oven to 400 degrees F (200 degrees C). In a medium mixing bowl, combine pecans, flour, and butter. Press into a 9x13 inch pan.
- Bake for 25 minutes. Allow to cool.
- In a large bowl, beat together cream cheese and confectioners' sugar until smooth. Fold in half of the whipped topping.
- Spread on top of cooled crust.
- In a large bowl, combine milk, chocolate pudding mix, and vanilla pudding mix. Beat until thick.
- Pour over cream cheese layer. Top with remaining whipped topping, and sprinkle with crushed chocolate bars.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:7.01, Inflammation Score:-4, Nutrition Score:6.8456521801974%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 395.86kcal (19.79%), Fat: 24.21g (37.25%), Saturated Fat: 12.9g (80.61%), Carbohydrates: 41.41g (13.8%), Net Carbohydrates: 39.88g (14.5%), Sugar: 31.11g (34.57%), Cholesterol: 38mg (12.67%), Sodium: 283.78mg (12.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.13mg (1.38%), Protein: 5.43g (10.86%), Manganese: 0.44mg (22.12%), Phosphorus: 132.28mg (13.23%), Vitamin B2: 0.2mg (11.89%), Calcium: 106.91mg (10.69%), Vitamin B1: 0.15mg (10.16%), Vitamin A: 497.65IU (9.95%), Selenium: 6.57µg (9.39%), Copper: 0.16mg (8.24%), Magnesium: 29.62mg (7.41%), Vitamin B12: 0.37µg (6.17%), Fiber: 1.53g (6.11%), Potassium: 198.96mg (5.68%), Zinc: 0.83mg (5.53%), Folate: 19.73µg (4.93%), Iron: 0.88mg (4.86%), Vitamin E: 0.61mg (4.05%), Vitamin B5: 0.38mg (3.81%), Vitamin B3: 0.73mg (3.65%), Vitamin D: 0.54µg (3.58%), Vitamin B6: 0.07mg (3.33%), Vitamin K: 2.7µg (2.57%)