

Chocolate Eclair Cake II

Florence Helfen

Community Living Committee - All Saint's Church Hammond, IN 1987

2 boxes vanilla instant pudding
1 box (16 ounces) graham crackers
9 ounces Cool Whip

Make the vanilla pudding as directed on the package.

Place whole graham crackers in the bottom of a 13x9-inch pan.

Spread a layer of pudding on top of the crackers.

Place a layer of Cool Whip on top.

Repeat the layering of the graham crackers, pudding and then Cool Whip.

Top with a layer of graham crackers.

Cover the crackers with chocolate frosting.

If desired, you may use cherry pie filling for a topping.

Skim milk can be used in making the pudding for a low calorie dessert.

Per Serving (excluding unknown items): 30 Calories; 1g Fat (21.2% calories from fat); trace Protein; 5g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 42mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	30	Vitamin B6 (mg):	0mg
% Calories from Fat:	21.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	72.3%	Thiamin B1 (mg):	trace
% Calories from Protein:	6.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	4mcg

Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 5g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): 42mg
Potassium (mg): 9mg
Calcium (mg): 2mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 n n%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 30 **Calories from Fat:** 6

% Daily Values*

Total Fat	1g		1%
Saturated Fat	trace		1%
Cholesterol	0mg		0%
Sodium	42mg		2%
Total Carbohydrates	5g		2%
Dietary Fiber	trace		1%
Protein	trace		
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Vitamin A			0%
Vitamin C			0%
Calcium			0%
Iron			1%

** Percent Daily Values are based on a 2000 calorie diet.*