

Chocolate-Caramel Eclair Dessert

Holiday Desserts

Favorite Brand Name Recipes Vol. 8, No. 73

Servings: 12

1 package (8 ounce) Philadelphia cream cheese, softened
2 cups cold milk
1 package (4 serving size) JELL-O chocolate flavor instant pudding
1/3 cup caramel ice cream topping
1 tub (8 ounce) whipped topping, thawed and divided
78 vanilla wafers, divided
2 ounces Baker's semi-sweet chocolate
1 tablespoon caramel ice cream topping (for garnish)

Preparation Time: 30 minutes

Beat the cream cheese in a large bowl until creamy. Gradually beat in the milk. Add the dry pudding mix; beat for 2 minutes. Add the caramel ice cream topping and beat well. Gently stir in 1-1/2 cups of whipped topping.

Line a 9x5-inch loaf pan with plastic wrap. Arrange 15 wafers, top-sides down, on the bottom of the pan. Cover with 1/4 of the pudding mixture. Repeat the layers three times. Top with 15 of the remaining wafers.

Refrigerate for three hours.

Invert the dessert onto a plate. Remove the plastic wrap. Microwave the chocolate and one cup of the remaining whipped topping in a microwaveable bowl on High for 25 seconds. Stir until the chocolate is completely melted and the mixture is well blended. Cool for 1 minute. Pour over the dessert.

Garnish with the remaining whipped topping and wafers. Drizzle caramel ice cream topping over the top.

Start to Finish Time: 3 hours 30 minutes

Per Serving (excluding unknown items): 204 Calories; 9g Fat (40.0% calories from fat); 2g Protein; 29g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 121mg Sodium. Exchanges: 1 1/2 Fat; 2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	204	Vitamin B6 (mg):	0mg
% Calories from Fat:	40.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	56.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	9g	Folacin (mcg):	3mcg
Saturated Fat (g):	3g	Niacin (mg):	1mg
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	n n%
Carbohydrate (g):	29g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	0
Sodium (mg):	121mg	Vegetable:	0
Potassium (mg):	43mg	Fruit:	0
Calcium (mg):	10mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1 1/2
Zinc (mg):	trace	Other Carbohydrates:	2
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	54IU		
Vitamin A (r.e.):	5 1/2RE		

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 204 **Calories from Fat:** 82

% Daily Values*

Total Fat 9g	14%
Saturated Fat 3g	16%
Cholesterol 0mg	0%
Sodium 121mg	5%
Total Carbohydrates 29g	10%
Dietary Fiber 1g	3%
Protein 2g	
Vitamin A	1%
Vitamin C	0%
Calcium	1%
Iron	5%

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