

# Strawberry Eclair Dessert

*Holiday Desserts*

*Favorite Brand Name Recipes Vol. 8, No. 73*

## Servings: 24

1 package (3.4 ounce) JELL-O  
vanilla flavor instant pudding  
1 1/2 cups cold milk  
1 tub (8 ounce) whipped topping,  
thawed  
23 graham crackers  
2 1/2 cups sliced fresh strawberries  
1 1/2 package (4 ounce ea) Baker's  
semi-sweet chocolate, broken into  
pieces  
3 tablespoons butter or margarine

## Preparation Time: 30 minutes

Beat the dry pudding mix and milk in a large bowl with a whisk for 2 minutes. Stir in the whipped topping.

Layer one-third of the grahams, half the whipped topping and one cup of the berries in a 13x9-inch pan, breaking the grahams as necessary to fit. Repeat the layers using all of the remaining berries. Top with the remaining grahams.

Microwave the chocolate and butter in a microwaveable bowl on High for 2 minutes, stirring after 1 minute. Stir until the chocolate is completely melted. Spread over the grahams.

Refrigerate for three hours.

Dust the dessert with unsweetened cocoa powder just before serving.

Start to Finish Time: 3 hours 30 minutes

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Per Serving (excluding unknown items): 51 Calories; 3g Fat (50.5% calories from fat); 1g Protein; 6g Carbohydrate; trace Dietary Fiber; 4mg Cholesterol; 56mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Fat; 0 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	51	Vitamin B6 (mg):	0mg
% Calories from Fat:	50.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	45.5%	Thiamin B1 (mg):	trace

**% Calories from Protein:** 4.0%  
**Total Fat (g):** 3g  
**Saturated Fat (g):** 2g  
**Monounsaturated Fat (g):** 1g  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 4mg  
**Carbohydrate (g):** 6g  
**Dietary Fiber (g):** trace  
**Protein (g):** 1g  
**Sodium (mg):** 56mg  
**Potassium (mg):** 10mg  
**Calcium (mg):** 2mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 81IU  
**Vitamin A (r.e.):** 16RE

**Riboflavin B2 (mg):** trace  
**Folacin (mcg):** 4mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** n n%

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### Food Exchanges

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

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## Nutrition Facts

Servings per Recipe: 24

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### Amount Per Serving

**Calories** 51 Calories from Fat: 26

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#### % Daily Values\*

<b>Total Fat</b>	3g	4%
Saturated Fat	2g	8%
<b>Cholesterol</b>	4mg	1%
<b>Sodium</b>	56mg	2%
<b>Total Carbohydrates</b>	6g	2%
Dietary Fiber	trace	1%
<b>Protein</b>	1g	
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<b>Vitamin A</b>		2%
<b>Vitamin C</b>		0%
<b>Calcium</b>		0%
<b>Iron</b>		1%

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