

# Chocolate Eclair Cake

Mary Brady

Church of St. Peter Council of Catholic Women - Mendota, MN (2003)

## FILLING

2 packages (3 ounces ea) instant vanilla pudding  
3 1/2 cups milk  
1 box graham crackers (2-1/2 individual packages)  
1 carton (8 ounce) Cool Whip Lite®

## TOPPING

3 tablespoons butter  
3 tablespoons milk  
2 tablespoons white karo syrup  
1 teaspoon vanilla  
4 ounces chocolate chips  
1 1/2 cups powdered sugar

Prepare the pudding according to the directions on the package, using only 3-1/2 cups of milk. Let it thicken and then fold in the Cool Whip.

Cover the bottom of a 9x13-inch baking dish with graham crackers. Place half of the pudding mixture on top of the graham crackers.

Place another layer of graham crackers on top of the pudding. Add the other half of the pudding mixture. Top with another layer of graham crackers. Set aside.

Make the topping by melting the butter, milk, syrup, vanilla and chocolate chips over low heat. Add the powdered sugar. Cook for 1 minute. Pour over the cake.

Refrigerate for 24 hours.

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Per Serving (excluding unknown items): 2121 Calories; 99g Fat (40.3% calories from fat); 35g Protein; 295g Carbohydrate; 7g Dietary Fiber; 215mg Cholesterol; 809mg Sodium. Exchanges: 3 1/2 Non-Fat Milk; 19 Fat; 17 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	2121	Vitamin B6 (mg):	.4mg
% Calories from Fat:	40.3%	Vitamin B12 (mcg):	3.3mcg
% Calories from Carbohydrates:	53.4%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	6.3%	Riboflavin B2 (mg):	1.6mg
Total Fat (g):	99g	Folacin (mcg):	50mcg

**Saturated Fat (g):** 60g  
**Monounsaturated Fat (g):** 30g  
**Polyunsaturated Fat (g):** 4g  
**Cholesterol (mg):** 215mg  
**Carbohydrate (g):** 295g  
**Dietary Fiber (g):** 7g  
**Protein (g):** 35g  
**Sodium (mg):** 809mg  
**Potassium (mg):** 1796mg  
**Calcium (mg):** 1123mg  
**Iron (mg):** 4mg  
**Zinc (mg):** 5mg  
**Vitamin C (mg):** 8mg  
**Vitamin A (i.u.):** 2476IU  
**Vitamin A (r.e.):** 671 1/2RE

**Niacin (mg):** 1mg  
**Caffeine (mg):** 70mg  
**Alcohol (kcal):** 13  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 3 1/2  
**Fat:** 19  
**Other Carbohydrates:** 17

## Nutrition Facts

### Amount Per Serving

**Calories** 2121                      **Calories from Fat:** 854

### % Daily Values\*

<b>Total Fat</b>	99g	152%
Saturated Fat	60g	300%
<b>Cholesterol</b>	215mg	72%
<b>Sodium</b>	809mg	34%
<b>Total Carbohydrates</b>	295g	98%
Dietary Fiber	7g	27%
<b>Protein</b>	35g	
<b>Vitamin A</b>		50%
<b>Vitamin C</b>		14%
<b>Calcium</b>		112%
<b>Iron</b>		23%

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