

Eggnog 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 vanilla flavor instant pudding
1/2 teaspoon rum extract
1/4 teaspoon ground nutmeg
1 tub (8 ounce) whipped topping, thawed and divided
78 vanilla wafers, divided
2 ounces Baker's semi-sweet chocolate

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 rum extract and nutmeg. 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.

Start to Finish Time: 3 hours 30 minutes

Per Serving (excluding unknown items): 205 Calories; 9g Fat (40.0% calories from fat); 2g Protein; 29g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 121mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	205
% Calories from Fat:	40.0%
% Calories from Carbohydrates:	56.7%
% Calories from Protein:	3.3%
Total Fat (g):	9g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	29g
Dietary Fiber (g):	1g
Protein (g):	2g
Sodium (mg):	121mg
Potassium (mg):	43mg
Calcium (mg):	10mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	54IU
Vitamin A (r.e.):	5 1/2RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	3mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	trace
% Deficient:	n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories	205	Calories from Fat: 82
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% 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.