

Chocolate Elegance

Holiday Desserts

Favorite Brand Name Recipes Vol. 8, No. 73

Servings: 14

1 1/2 packages (8 ounce ea)
Philadelphia cream cheese, softened
1/2 cup sugar
2 1/2 cups whipped topping, thawed
and divided
1 1/2 packages (4 ounce ea) Baker's
semi-sweet chocolate, divided
1 package (3.9 ounce) JELL-O
chocolate instant pudding
1/2 cup milk
1/4 cup sliced almonds, toasted

Preparation Time: 20 minutes

Beat the cream cheese and sugar with a mixer until blended. Stir in 1-1/2 cups of whipped topping. Spread two cups onto the bottom of an 8x4-inch loaf pan lined with plastic wrap.

Melt three ounces of the chocolate. Add to the remaining cream cheese mixture along with the dry pudding mix and milk. Beat until well blended. Spread over the cream cheese layer in the pan.

Refrigerate for four hours.

Microwave the remaining chocolate and whipped topping in a microwaveable bowl on High for 1 minute, stir until blended. Cool slightly.

Invert the dessert onto a platter. Remove the pan and plastic wrap. Top the dessert with chocolate glaze and nuts. Refrigerate until the glaze is firm.

Start to Finish Time: 4 hours 35 minutes

Per Serving (excluding unknown items): 91 Calories; 5g Fat (48.4% calories from fat); 1g Protein; 11g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 8mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	91	Vitamin B6 (mg):	trace
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% Calories from Fat:	48.4%
% Calories from Carbohydrates:	47.4%
% Calories from Protein:	4.2%
Total Fat (g):	5g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	1mg
Carbohydrate (g):	11g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	8mg
Potassium (mg):	35mg
Calcium (mg):	18mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	126IU
Vitamin A (r.e.):	15RE

Vitamin B12 (mcg):	trace
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 14

Amount Per Serving

Calories 91	Calories from Fat: 44
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% Daily Values*

Total Fat 5g	8%
Saturated Fat 3g	16%
Cholesterol 1mg	0%
Sodium 8mg	0%
Total Carbohydrates 11g	4%
Dietary Fiber trace	1%
Protein 1g	
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Vitamin A	3%
Vitamin C	0%
Calcium	2%
Iron	1%

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