

# Lemon Pudding Dessert

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## Servings: 16

1 cup cold butter, cubed  
2 cups all-purpose flour  
1 package (8 ounces) cream cheese,  
softened  
1 cup confectioner's sugar  
1 carton (8 ounce) frozen whipped  
topping, thawed and divided  
3 cups cold whole milk  
2 packages (3.4 ounce ea) instant  
lemon pudding mix

## Preparation Time: 20 minutes

### Bake: 20 minutes

Preheat the oven to 350 degrees.

Cut the butter into the flour until crumbly. Press into an ungreased 13x9-inch baking dish.

Bake until light brown, 18 to 22 minutes. Cool the pan on a wire rack.

In a bowl, beat the cream cheese and sugar until smooth. Fold in one cup of whipped topping. Spread over the cooled crust.

In a bowl, beat the milk and pudding mix on low speed for 2 minutes. Carefully spread over the cream cheese layer. Top with the remaining whipped topping.

Refrigerate at least one hour.

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Per Serving (excluding unknown items): 238 Calories; 17g Fat (62.5% calories from fat); 3g Protein; 20g Carbohydrate; trace Dietary Fiber; 47mg Cholesterol; 160mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 3 Fat; 1/2 Other Carbohydrates.

## Desserts

### Per Serving Nutritional Analysis

Calories (kcal):	238	Vitamin B6 (mg):	trace
% Calories from Fat:	62.5%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	32.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.7%	Riboflavin B2 (mg):	.1mg

**Total Fat (g):** 17g  
**Saturated Fat (g):** 10g  
**Monounsaturated Fat (g):** 5g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 47mg  
**Carbohydrate (g):** 20g  
**Dietary Fiber (g):** trace  
**Protein (g):** 3g  
**Sodium (mg):** 160mg  
**Potassium (mg):** 38mg  
**Calcium (mg):** 17mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 640IU  
**Vitamin A (r.e.):** 169 1/2RE

**Folacin (mcg):** 26mcg  
**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Daily Values\***

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 16

### Amount Per Serving

**Calories** 238 **Calories from Fat:** 149

### % Daily Values\*

<b>Total Fat</b>	17g	26%
Saturated Fat	10g	52%
<b>Cholesterol</b>	47mg	16%
<b>Sodium</b>	160mg	7%
<b>Total Carbohydrates</b>	20g	7%
Dietary Fiber	trace	2%
<b>Protein</b>	3g	
<b>Vitamin A</b>		13%
<b>Vitamin C</b>		0%
<b>Calcium</b>		2%
<b>Iron</b>		5%

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