



Ambrosia Pudding

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



67 kcal

Ingredients

- 11 oz mandarin orange segments drained canned
- 2 cups milk fat-free cold
- 0.5 cup baker's angel flake coconut
- 1 oz jell-o vanilla flavor pudding fat free sugar free instant

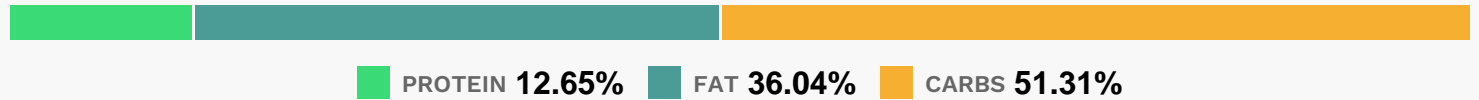
Equipment

- bowl
- whisk

Directions

- Beat pudding mix and milk in large bowl with whisk 2 min.
- Let stand 5 min.
- Stir in oranges and coconut. Spoon evenly into 6 dessert dishes.
- Refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0.8, Inflammation Score:-4, Nutrition Score:3.8143478299127%

Nutrients (% of daily need)

Calories: 67.3kcal (3.37%), Fat: 2.81g (4.32%), Saturated Fat: 2.46g (15.37%), Carbohydrates: 8.99g (3%), Net Carbohydrates: 7.9g (2.87%), Sugar: 7.61g (8.45%), Cholesterol: 1.47mg (0.49%), Sodium: 41.22mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.43%), Vitamin C: 10.64mg (12.89%), Vitamin A: 509.IIU (10.18%), Calcium: 69.67mg (6.97%), Phosphorus: 64.67mg (6.47%), Manganese: 0.12mg (5.92%), Vitamin B12: 0.28µg (4.74%), Vitamin B2: 0.08mg (4.62%), Fiber: 1.08g (4.34%), Potassium: 147.89mg (4.23%), Vitamin B1: 0.06mg (3.83%), Vitamin D: 0.54µg (3.59%), Magnesium: 13.14mg (3.28%), Zinc: 0.47mg (3.15%), Selenium: 1.92µg (2.74%), Vitamin B6: 0.05mg (2.73%), Copper: 0.05mg (2.41%), Vitamin B5: 0.21mg (2.09%), Iron: 0.23mg (1.26%), Vitamin B3: 0.22mg (1.11%)