



Blueberry Pie Cups

 Dairy Free

READY IN



6 min.

SERVINGS



2

CALORIES



179 kcal

Ingredients

- 0.5 cup blueberry filling
- 4 gingersnaps divided
- 1 jell-o vanilla pudding snack

Equipment

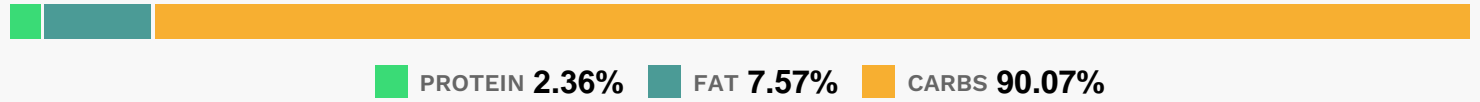
- microwave

Directions

- Crumble 1 cookie into the bottom of each of 2 microwaveable dessert dishes.

- Top each with blueberry pie filling, half of the pudding and an additional crumbled cookie.
- Microwave on HIGH 45 sec. or until warmed.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.2352173963319%

Nutrients (% of daily need)

Calories: 178.69kcal (8.93%), Fat: 1.5g (2.32%), Saturated Fat: 0.34g (2.15%), Carbohydrates: 40.32g (13.44%), Net Carbohydrates: 38.3g (13.93%), Sugar: 27.94g (31.05%), Cholesterol: 0mg (0%), Sodium: 88.74mg (3.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.11%), Manganese: 0.36mg (17.93%), Fiber: 2.01g (8.06%), Iron: 1.42mg (7.89%), Copper: 0.12mg (5.81%), Vitamin B2: 0.06mg (3.73%), Potassium: 123.86mg (3.54%), Magnesium: 13.41mg (3.35%), Folate: 12.84µg (3.21%), Vitamin B1: 0.04mg (2.87%), Calcium: 28.49mg (2.85%), Vitamin K: 2.9µg (2.77%), Vitamin B3: 0.51mg (2.57%), Phosphorus: 19.49mg (1.95%), Vitamin E: 0.29mg (1.91%), Vitamin B6: 0.03mg (1.64%), Selenium: 0.98µg (1.4%), Vitamin B5: 0.11mg (1.13%)