



Bumble Bees

READY IN



70 min.

SERVINGS



10

CALORIES



121 kcal

SIDE DISH

Ingredients

- 14 chocolate wafers such as nabisco famous divided
- 4 large gumdrops black
- 1 pkg jell-o vanilla flavor pudding instant (4-serving size)
- 1 piece shoestring licorice black cut into 1-inch pieces (12 inch)
- 2 cups milk cold

Equipment

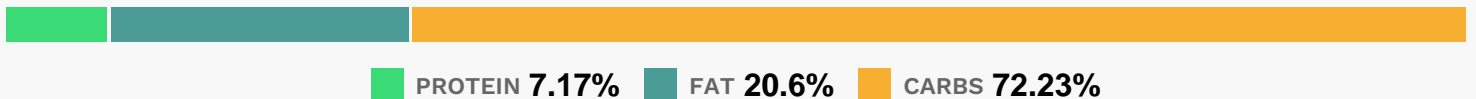
- bowl
- whisk

- ziploc bags
- rolling pin

Directions

- Place 10 of the wafers in large resealable plastic bag; seal bag. Use rolling pin to roll over wafers in bag until finely crushed. Break remaining 4 wafers in half; set side.
- Pour milk into medium bowl.
- Add dry pudding mix. Beat with wire whisk 2 minutes or until well blended. Spoon 1/3 of the pudding evenly into 4 clear dessert cups; top each with about 1 Tbsp. of the crushed wafers. Repeat layers of pudding and crushed wafers; top with remaining pudding. Refrigerate at least 1 hour or until ready to serve.
- Decorate with gumdrops and licorice to resemble the antennae, stingers and eyes of bumble bees. Insert 2 of the reserved wafer halves into each cup for the "wings."

Nutrition Facts



Properties

Glycemic Index:16.55, Glycemic Load:7.32, Inflammation Score:-1, Nutrition Score:2.4191304458224%

Nutrients (% of daily need)

Calories: 120.76kcal (6.04%), Fat: 2.79g (4.3%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 22.04g (7.35%), Net Carbohydrates: 21.69g (7.89%), Sugar: 15.88g (17.65%), Cholesterol: 6.02mg (2.01%), Sodium: 130.32mg (5.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.37%), Calcium: 63.25mg (6.32%), Phosphorus: 60.61mg (6.06%), Vitamin B2: 0.09mg (5.38%), Vitamin B12: 0.27µg (4.52%), Vitamin D: 0.54µg (3.58%), Manganese: 0.06mg (3.08%), Vitamin B1: 0.04mg (2.98%), Potassium: 92.99mg (2.66%), Magnesium: 10.35mg (2.59%), Selenium: 1.53µg (2.19%), Vitamin B5: 0.21mg (2.15%), Copper: 0.04mg (2.1%), Iron: 0.36mg (2.02%), Zinc: 0.29mg (1.96%), Vitamin B6: 0.03mg (1.71%), Vitamin A: 80.06IU (1.6%), Vitamin B3: 0.29mg (1.46%), Fiber: 0.35g (1.39%)