



Cappuccino Dessert

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



45 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups milk fat-free cold
- 0.1 tsp ground cinnamon
- 2 tsp maxwell house coffee instant
- 1 oz jell-o vanilla flavor pudding fat free sugar free instant
- 1 cup cool whip lite whipped topping thawed

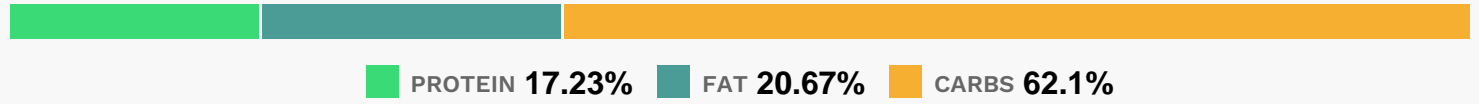
Equipment

- whisk

Directions

- Beat pudding mix, coffee granules and milk with whisk 2 min.; pour into 5 dessert dishes.
- Refrigerate 1 hour.
- Whisk cinnamon into COOL WHIP; spoon over pudding.

Nutrition Facts



Properties

Glycemic Index:3.83, Glycemic Load:0.8, Inflammation Score:-1, Nutrition Score:1.8773912661102%

Nutrients (% of daily need)

Calories: 44.99kcal (2.25%), Fat: 1.03g (1.59%), Saturated Fat: 0.87g (5.47%), Carbohydrates: 6.99g (2.33%), Net Carbohydrates: 6.96g (2.53%), Sugar: 6.49g (7.22%), Cholesterol: 1.62mg (0.54%), Sodium: 43.57mg (1.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.28mg (2.09%), Protein: 1.94g (3.88%), Calcium: 70.75mg (7.08%), Phosphorus: 58.66mg (5.87%), Vitamin B12: 0.3µg (4.99%), Vitamin B2: 0.07mg (4.2%), Vitamin D: 0.54µg (3.59%), Potassium: 97.19mg (2.78%), Vitamin A: 105.61IU (2.11%), Vitamin B1: 0.03mg (1.93%), Magnesium: 7.08mg (1.77%), Vitamin B5: 0.18mg (1.75%), Selenium: 1.21µg (1.73%), Zinc: 0.23mg (1.53%), Vitamin B6: 0.03mg (1.5%)