



Cappuccino Pudding Frosting

 **Gluten Free**

READY IN



5 min.

SERVINGS



5

CALORIES



190 kcal

Ingredients

- 3.4 oz jell-o vanilla flavor pudding instant
- 0.5 cup milk cold
- 0.5 cup strong maxwell house coffee chilled brewed
- 8 oz cool whip whipped topping thawed

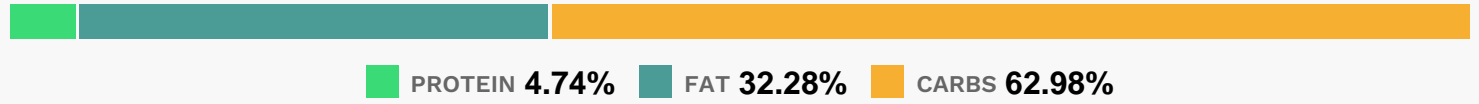
Equipment

- bowl
- whisk

Directions

- Beat dry pudding mix, milk and coffee in medium bowl with whisk 2 min.
- Stir in COOL WHIP.
- Spread onto a cooled cake or cupcakes. Keep refrigerated.

Nutrition Facts



Properties

Glycemic Index:7.6, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:1.8743478254132%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:
0.01mg

Nutrients (% of daily need)

Calories: 189.54kcal (9.48%), Fat: 6.8g (10.47%), Saturated Fat: 5.6g (34.98%), Carbohydrates: 29.87g (9.96%), Net Carbohydrates: 29.75g (10.82%), Sugar: 27.17g (30.19%), Cholesterol: 3.84mg (1.28%), Sodium: 164.82mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.48mg (3.16%), Protein: 2.25g (4.49%), Calcium: 63.65mg (6.37%), Phosphorus: 59.31mg (5.93%), Vitamin B2: 0.09mg (5.59%), Vitamin B12: 0.22µg (3.71%), Potassium: 97.88mg (2.8%), Selenium: 1.73µg (2.47%), Vitamin D: 0.27µg (1.79%), Vitamin B1: 0.03mg (1.74%), Magnesium: 6.81mg (1.7%), Vitamin E: 0.24mg (1.61%), Vitamin B5: 0.15mg (1.51%), Vitamin K: 1.55µg (1.47%), Vitamin A: 73.09IU (1.46%), Vitamin B6: 0.02mg (1.21%), Zinc: 0.15mg (1.03%)