



Cappuccino Pudding Frosting

 **Gluten Free**

READY IN



5 min.

SERVINGS



32

CALORIES



30 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



PROTEIN 4.74% **FAT 32.28%** **CARBS 62.98%**

Properties

Glycemic Index:1.19, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:0.29260869615752%

Nutrients (% of daily need)

Calories: 29.62kcal (1.48%), Fat: 1.06g (1.64%), Saturated Fat: 0.87g (5.47%), Carbohydrates: 4.67g (1.56%), Net Carbohydrates: 4.65g (1.69%), Sugar: 4.25g (4.72%), Cholesterol: 0.6mg (0.2%), Sodium: 25.75mg (1.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.35g (0.7%)