



## Chai Latte Pudding

 Gluten Free

READY IN



65 min.

SERVINGS



5

CALORIES



148 kcal

### Ingredients

- 0.3 cup maxwell house international chai latte
- 0.1 tsp ground cinnamon
- 1 pkg jell-o vanilla flavor pudding instant (4-serving size)
- 2 cups milk cold
- 0.5 cup cool whip whipped topping thawed

### Equipment

- bowl
- whisk

## Directions

- Pour milk into medium bowl.
- Add dry pudding mix and tea mix. Beat with wire whisk 2 min. or until well blended. Cover.
- Refrigerate at least 1 hour.
- Top with the whipped topping just before serving.
- Sprinkle with cinnamon.

## Nutrition Facts

 PROTEIN **9.36%**  FAT **25.26%**  CARBS **65.38%**

## Properties

Glycemic Index:8.6, Glycemic Load:1.73, Inflammation Score:-2, Nutrition Score:3.5017391080442%

## Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.69mg, Epicatechin 3-gallate: 0.69mg, Epicatechin 3-gallate: 0.69mg, Epicatechin 3-gallate: 0.69mg Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg, Epigallocatechin 3-gallate: 1.1mg Theaflavin: 0.19mg, Theaflavin: 0.19mg, Theaflavin: 0.19mg Thearubigins: 9.59mg, Thearubigins: 9.59mg, Thearubigins: 9.59mg, Thearubigins: 9.59mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg Theaflavin-3,3'-digallate: 0.21mg, Theaflavin-3,3'-digallate: 0.21mg, Theaflavin-3,3'-digallate: 0.21mg, Theaflavin-3,3'-digallate: 0.21mg Theaflavin-3'-gallate: 0.18mg, Theaflavin-3'-gallate: 0.18mg, Theaflavin-3'-gallate: 0.18mg, Theaflavin-3'-gallate: 0.18mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

## Nutrients (% of daily need)

Calories: 148.41kcal (7.42%), Fat: 4.18g (6.44%), Saturated Fat: 2.68g (16.75%), Carbohydrates: 24.37g (8.12%), Net Carbohydrates: 24.22g (8.81%), Sugar: 21.7g (24.11%), Cholesterol: 11.86mg (3.95%), Sodium: 164.77mg (7.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.97%), Calcium: 126.98mg (12.7%), Phosphorus: 104.67mg (10.47%), Vitamin B12: 0.54µg (9.03%), Vitamin B2: 0.15mg (8.57%), Vitamin D: 1.07µg (7.16%), Potassium: 162.46mg (4.64%), Vitamin B1: 0.06mg (3.74%), Vitamin B5: 0.37mg (3.66%), Vitamin A: 163.85IU (3.28%), Magnesium: 12.63mg (3.16%), Selenium: 2.21µg (3.16%), Vitamin B6: 0.06mg (3.06%), Zinc: 0.41mg (2.77%), Manganese: 0.04mg (2.13%)