



## Chocolate Chunk & Marshmallow Sundae

 Gluten Free

READY IN



250 min.

SERVINGS



10

CALORIES



254 kcal

### Ingredients

- 7.8 oz jell-o chocolate flavor pudding instant
- 1 cup marshmallows jet-puffed miniature
- 2 cups milk cold
- 4 oz baker's semi-sweet chocolate coarsely chopped
- 2 cups strawberries fresh sliced
- 8 oz cool whip whipped topping thawed

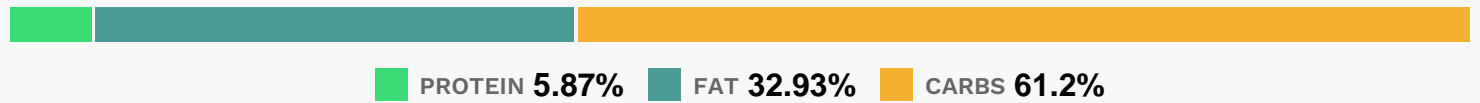
### Equipment

- bowl
- whisk

## Directions

- Beat pudding mixes and milk in large bowl with whisk 2 min.
- Stir in COOL WHIP, marshmallows and chocolate.
- Spoon into 2-qt. freezer-safe container.
- Freeze 4 hours or until firm.
- Serve topped with strawberries.

## Nutrition Facts



## Properties

Glycemic Index:13.85, Glycemic Load:3.98, Inflammation Score:-3, Nutrition Score:6.4143478818562%

## Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 254.44kcal (12.72%), Fat: 9.39g (14.45%), Saturated Fat: 6.16g (38.49%), Carbohydrates: 39.29g (13.1%), Net Carbohydrates: 37.01g (13.46%), Sugar: 31.16g (34.62%), Cholesterol: 6.99mg (2.33%), Sodium: 356.28mg (15.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.3mg (3.77%), Protein: 3.77g (7.53%), Vitamin C: 16.93mg (20.53%), Manganese: 0.34mg (17.25%), Copper: 0.24mg (12.06%), Phosphorus: 118.79mg (11.88%), Magnesium: 41.2mg (10.3%), Fiber: 2.28g (9.14%), Calcium: 90.57mg (9.06%), Potassium: 256.9mg (7.34%), Vitamin B2: 0.11mg (6.58%), Iron: 1.15mg (6.41%), Vitamin B12: 0.33µg (5.49%), Zinc: 0.7mg (4.68%), Selenium: 3.18µg (4.54%), Vitamin D: 0.54µg (3.58%), Vitamin B1: 0.04mg (2.98%), Vitamin B6: 0.05mg (2.72%), Vitamin B5: 0.26mg (2.58%),

Vitamin K: 2.65µg (2.53%), Vitamin A: 104.96IU (2.1%), Folate: 8.31µg (2.08%), Vitamin E: 0.3mg (2.02%), Vitamin B3: 0.34mg (1.68%)