



Chocolate Mint Frosty

 Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



200 kcal

DESSERT

Ingredients

- 1 pkg jell-o chocolate flavor reduced calorie pudding snack sugar free (4-serving size)
- 2 cups milk fat-free
- 5 servings ice cubes
- 4 small chocolate-covered mint patties
- 1 cup cool whip lite whipped topping frozen

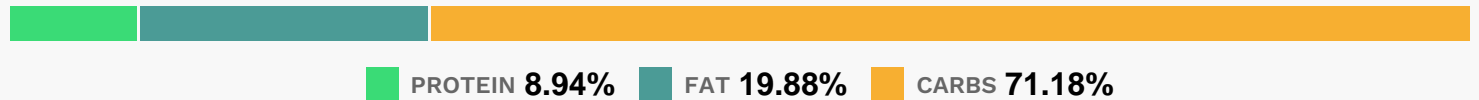
Equipment

- blender
- measuring cup

Directions

- Pour milk into large glass measuring cup.
- Add enough ice to measure 3 cups.
- Pour into blender.
- Add remaining ingredients; cover.
- Blend on high speed until smooth.
- Pour into glasses.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.65, Glycemic Load:1.59, Inflammation Score:-2, Nutrition Score:3.9121739255345%

Nutrients (% of daily need)

Calories: 199.77kcal (9.99%), Fat: 4.51g (6.94%), Saturated Fat: 3.24g (20.24%), Carbohydrates: 36.37g (12.12%), Net Carbohydrates: 35.67g (12.97%), Sugar: 30.57g (33.96%), Cholesterol: 3.58mg (1.19%), Sodium: 66.27mg (2.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.14%), Calcium: 145.5mg (14.55%), Phosphorus: 116.1mg (11.61%), Vitamin B12: 0.6µg (9.97%), Vitamin B2: 0.14mg (8.35%), Vitamin D: 1.08µg (7.19%), Potassium: 217.47mg (6.21%), Vitamin A: 213.43IU (4.27%), Vitamin B1: 0.06mg (3.86%), Vitamin B5: 0.35mg (3.5%), Magnesium: 13.46mg (3.37%), Selenium: 2.33µg (3.32%), Zinc: 0.46mg (3.09%), Vitamin B6: 0.06mg (2.99%), Fiber: 0.7g (2.78%), Iron: 0.33mg (1.86%)