



Chocolate-Mint Parfait

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



29 kcal

Ingredients

- 6 drops food coloring green
- 3.9 oz jell-o chocolate flavor pudding instant
- 2 cups milk cold
- 0.3 tsp peppermint extract
- 1 cup cool whip whipped topping thawed

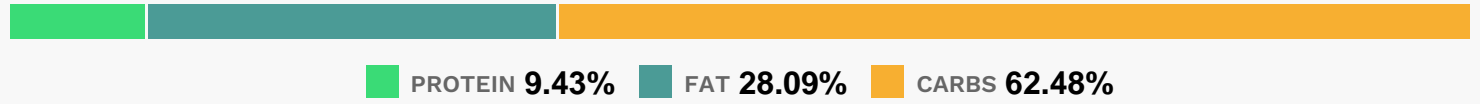
Equipment

- whisk

Directions

- Beat pudding mix, milk and extract with whisk 2 min.
- Whisk COOL WHIP and food coloring until blended.
- Layer pudding alternately with COOL WHIP in 6 parfait glasses. Refrigerate 15 min.

Nutrition Facts



Properties

Glycemic Index:1.27, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:0.73739130616836%

Nutrients (% of daily need)

Calories: 29.39kcal (1.47%), Fat: 0.92g (1.41%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 4.46g (1.62%), Sugar: 3.88g (4.31%), Cholesterol: 2mg (0.67%), Sodium: 60.65mg (2.64%), Alcohol: 0.01g (100%), Alcohol %: 0.07% (100%), Protein: 0.69g (1.39%), Calcium: 22.23mg (2.22%), Phosphorus: 20.93mg (2.09%), Vitamin B2: 0.03mg (1.57%), Vitamin B12: 0.09µg (1.55%), Vitamin D: 0.18µg (1.19%), Potassium: 35.67mg (1.02%)