



Cinnamon-Chocolate Pudding

 **Gluten Free**

READY IN



5 min.

SERVINGS



5

CALORIES



81 kcal

Ingredients

- 2 cups milk fat-free
- 0.5 tsp ground cinnamon
- 1.4 oz jell-o chocolate flavor pudding fat free sugar free instant
- 0.5 cup cool whip whipped topping sugar free thawed

Equipment

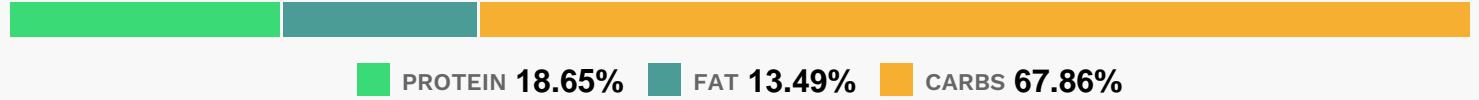
- whisk

Directions

Beat pudding mix, cinnamon and milk with whisk 2 min.

Stir in COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:7.65, Glycemic Load:1.6, Inflammation Score:-2, Nutrition Score:3.9639130368343%

Nutrients (% of daily need)

Calories: 80.77kcal (4.04%), Fat: 1.21g (1.87%), Saturated Fat: 0.96g (6.01%), Carbohydrates: 13.75g (4.58%), Net Carbohydrates: 13.33g (4.85%), Sugar: 12.11g (13.46%), Cholesterol: 3.09mg (1.03%), Sodium: 159.04mg (6.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.56%), Calcium: 138.24mg (13.82%), Phosphorus: 116.29mg (11.63%), Vitamin B12: 0.58µg (9.72%), Vitamin B2: 0.14mg (8.21%), Vitamin D: 1.08µg (7.19%), Potassium: 191.09mg (5.46%), Vitamin A: 206.24IU (4.12%), Magnesium: 16.01mg (4%), Manganese: 0.08mg (3.87%), Vitamin B1: 0.06mg (3.82%), Vitamin B5: 0.35mg (3.53%), Zinc: 0.5mg (3.35%), Selenium: 2.35µg (3.35%), Vitamin B6: 0.06mg (2.99%), Fiber: 0.42g (1.7%), Copper: 0.03mg (1.58%)