



## Creamy Chocolate JELL-O Pudding Pops

 Gluten Free

READY IN



250 min.

SERVINGS



10

CALORIES



88 kcal

### Ingredients

- 3.9 oz jell-o chocolate flavor pudding instant
- 2 cups milk cold
- 1 cup cool whip whipped topping thawed

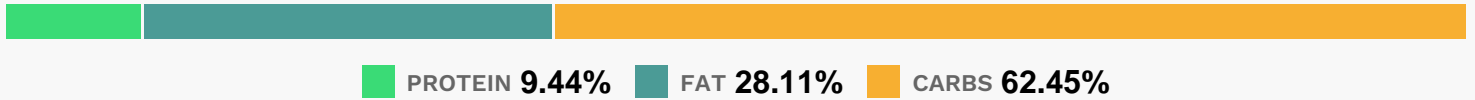
### Equipment

- bowl
- whisk

### Directions

- Beat pudding mix and milk in medium bowl with whisk 2 min. Stir in COOL WHIP.
- Spoon into 6 paper or plastic cups. Insert wooden pop stick or plastic spoon in center of each cup.
- Freeze 4 hours or until firm.
- Remove from cups before serving.

## Nutrition Facts



### Properties

Glycemic Index:3.8, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:2.2126086930866%

### Nutrients (% of daily need)

Calories: 87.87kcal (4.39%), Fat: 2.75g (4.24%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 13.77g (4.59%), Net Carbohydrates: 13.37g (4.86%), Sugar: 11.62g (12.91%), Cholesterol: 6.01mg (2%), Sodium: 181.94mg (7.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Calcium: 66.68mg (6.67%), Phosphorus: 62.8mg (6.28%), Vitamin B2: 0.08mg (4.72%), Vitamin B12: 0.28µg (4.64%), Vitamin D: 0.54µg (3.58%), Potassium: 106.87mg (3.05%), Magnesium: 11.36mg (2.84%), Manganese: 0.04mg (2.13%), Copper: 0.04mg (2.02%), Vitamin B1: 0.03mg (2%), Selenium: 1.38µg (1.98%), Vitamin B5: 0.18mg (1.85%), Zinc: 0.28mg (1.84%), Vitamin A: 84.61IU (1.69%), Vitamin B6: 0.03mg (1.63%), Fiber: 0.4g (1.59%)