



Creamy Peach Pudding

READY IN



20 min.

SERVINGS



9

CALORIES



286 kcal

DESSERT

Ingredients

- 3.4 ounces vanilla pudding instant
- 3 cups marshmallows miniature
- 1.8 cups milk cold
- 1 cup pasta uncooked
- 29 ounces peaches sliced canned
- 0.3 cup sugar
- 2 cups non-dairy whipped topping

Equipment

bowl

whisk

Directions

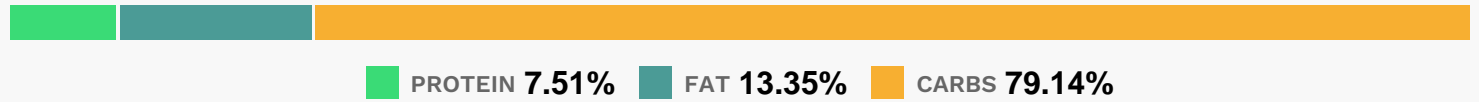
Cook pasta according to package directions; drain and rinse in cold water.

Drain peaches, reserving 1/4 cup syrup; set peaches aside.

In a large bowl, whisk the milk, pudding mix, sugar and reserved syrup for 2 minutes.

Let stand for 2 minutes or until soft-set. Stir in peaches and pasta. Fold in marshmallows and whipped topping. Cover and refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:27.43, Glycemic Load:21.13, Inflammation Score:-3, Nutrition Score:4.5786955978559%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Catechin: 4.49mg, Catechin: 4.49mg, Catechin: 4.49mg, Catechin: 4.49mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 285.82kcal (14.29%), Fat: 4.38g (6.74%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 58.45g (19.48%), Net Carbohydrates: 56.34g (20.49%), Sugar: 38.18g (42.42%), Cholesterol: 6.03mg (2.01%), Sodium: 123.3mg (5.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.54g (11.09%), Fiber: 2.11g (8.45%), Phosphorus: 81.9mg (8.19%), Vitamin A: 386.99IU (7.74%), Calcium: 74.93mg (7.49%), Vitamin B2: 0.11mg (6.55%), Potassium: 202.53mg (5.79%), Iron: 0.99mg (5.49%), Selenium: 3.63µg (5.19%), Vitamin E: 0.77mg (5.16%), Vitamin B12: 0.29µg (4.83%), Copper: 0.09mg (4.61%), Vitamin C: 3.75mg (4.54%), Vitamin B3: 0.82mg (4.08%), Magnesium: 14.5mg (3.63%), Vitamin D: 0.52µg (3.48%), Vitamin B1: 0.05mg (3.47%), Vitamin K: 3.42µg (3.25%), Vitamin B5: 0.32mg (3.18%), Manganese: 0.06mg (3%), Zinc: 0.43mg (2.87%), Vitamin B6: 0.06mg (2.78%), Folate: 6.15µg (1.54%)