



Creepy Eyeball Pudding Cups

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



221 kcal

DESSERT

Ingredients

- 19.3 g decorating gel red
- 4 large gumdrops cut in half crosswise
- 3.4 oz jell-o vanilla flavor pudding instant
- 8 small round candies
- 2 cups milk cold

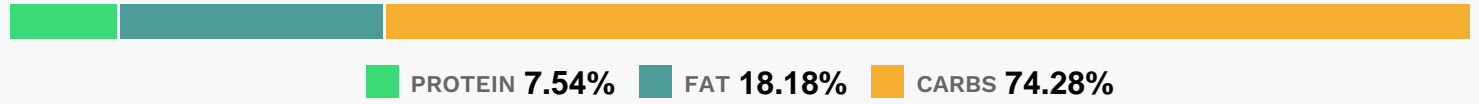
Equipment

- whisk

Directions

- Beat pudding mix and milk with whisk 2 min.
- Pour into 4 plastic cups or dessert dishes. Refrigerate 20 min.
- Decorate with remaining ingredients to resemble eyeballs just before serving.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:11.1, Inflammation Score:-2, Nutrition Score:4.11130434444474%

Nutrients (% of daily need)

Calories: 220.5kcal (11.03%), Fat: 4.47g (6.87%), Saturated Fat: 2.58g (16.13%), Carbohydrates: 41.07g (13.69%), Net Carbohydrates: 40.86g (14.86%), Sugar: 33.08g (36.76%), Cholesterol: 14.94mg (4.98%), Sodium: 205.84mg (8.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Calcium: 153.93mg (15.39%), Phosphorus: 123.82mg (12.38%), Vitamin B12: 0.66µg (10.98%), Vitamin B2: 0.17mg (10.18%), Vitamin D: 1.34µg (8.95%), Potassium: 188.4mg (5.38%), Vitamin B1: 0.07mg (4.6%), Vitamin B5: 0.46mg (4.56%), Vitamin A: 202.12IU (4.04%), Selenium: 2.63µg (3.75%), Vitamin B6: 0.08mg (3.75%), Magnesium: 14.76mg (3.69%), Zinc: 0.5mg (3.37%)