



Dessert Nachos

READY IN



5 min.

SERVINGS



5

CALORIES



474 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

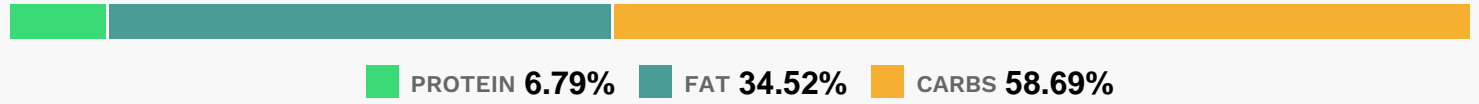
- 5 servings fruit fresh such as strawberry and banana slices assorted
- 5 servings graham crackers
- 5 servings jell-o pudding instant prepared
- 5 servings yogurt low-fat
- 5 servings marshmallows jet-puffed miniature
- 5 servings planters nuts chopped
- 5 servings cool whip whipped topping thawed

Equipment

Directions

- Spread each graham square with 1 Tbsp. pudding.
- Cover with fruit, marshmallows and raisins.
- Top each with a spoonful of yogurt or COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:31.28, Inflammation Score:-6, Nutrition Score:10.193043639478%

Nutrients (% of daily need)

Calories: 474.36kcal (23.72%), Fat: 19.02g (29.27%), Saturated Fat: 3.05g (19.09%), Carbohydrates: 72.76g (24.25%), Net Carbohydrates: 67.17g (24.43%), Sugar: 38.98g (43.31%), Cholesterol: 0.15mg (0.05%), Sodium: 228.34mg (9.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.85%), Manganese: 0.62mg (30.78%), Copper: 0.51mg (25.54%), Magnesium: 91.03mg (22.76%), Fiber: 5.58g (22.34%), Phosphorus: 208.47mg (20.85%), Iron: 2.71mg (15.05%), Vitamin B3: 2.96mg (14.81%), Zinc: 1.82mg (12.1%), Potassium: 342.71mg (9.79%), Vitamin B2: 0.16mg (9.54%), Vitamin B1: 0.14mg (9.31%), Folate: 30.8µg (7.7%), Vitamin A: 366.21IU (7.32%), Vitamin B6: 0.14mg (6.9%), Calcium: 55.02mg (5.5%), Vitamin K: 5.6µg (5.33%), Vitamin B5: 0.42mg (4.17%), Vitamin C: 2.73mg (3.32%)