



## Easter Bunny Pudding Desserts

READY IN



15 min.

SERVINGS



15

CALORIES



210 kcal

DESSERT

### Ingredients

- 15 servings decorating icings and gels
- 1 pkg jell-o vanilla flavor pudding instant (4-serving size)
- 8 jelly beans and gumdrops
- 2 cups milk cold
- 8 pieces string licorice red cut into thirds
- 8 oblong vanilla creme-filled sandwich cookies

### Equipment

- bowl

whisk

## Directions

Pour milk into medium bowl.

Add dry pudding mix; beat with wire whisk 2 minutes.

Let stand 5 minutes.

Spoon evenly into 4 dessert dishes. Refrigerate until ready to serve.

Insert 2 cookies into 1 side of each dish to make the "bunny's ears, then decorate with candies, licorice and decorating icings and gels as desired for the faces.

## Nutrition Facts



## Properties

Glycemic Index:8.47, Glycemic Load:9.8, Inflammation Score:-4, Nutrition Score:5.7386956214905%

## Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

## Nutrients (% of daily need)

Calories: 210.26kcal (10.51%), Fat: 7g (10.77%), Saturated Fat: 1.66g (10.37%), Carbohydrates: 35.35g (11.78%), Net Carbohydrates: 33.77g (12.28%), Sugar: 28.94g (32.15%), Cholesterol: 3.9mg (1.3%), Sodium: 132.82mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.7%), Vitamin K: 26.99µg (25.71%), Vitamin B2: 0.2mg (11.85%), Vitamin A: 420.7IU (8.41%), Vitamin C: 6.51mg (7.89%), Manganese: 0.14mg (6.79%), Phosphorus: 63.11mg (6.31%), Fiber: 1.58g (6.3%), Calcium: 62.65mg (6.27%), Folate: 23.04µg (5.76%), Vitamin B1: 0.08mg (5.43%), Vitamin E: 0.77mg (5.1%), Potassium: 178.15mg (5.09%), Vitamin B6: 0.1mg (4.81%), Magnesium: 18.42mg (4.61%), Iron: 0.74mg (4.12%), Vitamin B3: 0.66mg (3.3%), Vitamin B12: 0.18µg (2.93%), Vitamin B5: 0.28mg (2.82%), Vitamin D: 0.36µg (2.39%), Copper: 0.05mg (2.3%), Zinc: 0.31mg (2.05%), Selenium: 1.22µg (1.75%)