



Easy JELL-O Tiramisu

READY IN



70 min.

SERVINGS



10

CALORIES



127 kcal

Ingredients

- 3.4 oz jell-o vanilla flavor pudding instant
- 8 ladyfingers soft
- 2 cups milk cold
- 1 oz baker's semi-sweet chocolate finely grated
- 0.8 cup cool whip whipped topping thawed

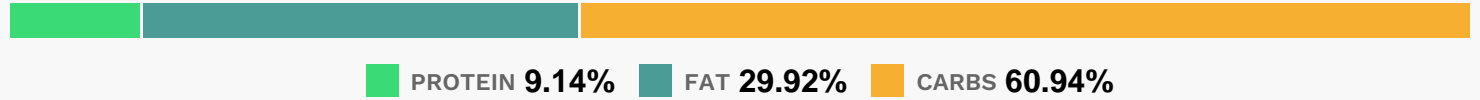
Equipment

- bowl
- whisk

Directions

- Beat pudding mix and milk in medium bowl with whisk 2 min. Stir in COOL WHIP.
- Place 1 ladyfinger in each of 4 dessert dishes; cover with half each of the pudding mixture and grated chocolate. Repeat layers.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:2.8847826084365%

Nutrients (% of daily need)

Calories: 126.95kcal (6.35%), Fat: 4.22g (6.5%), Saturated Fat: 2.48g (15.52%), Carbohydrates: 19.36g (6.45%), Net Carbohydrates: 18.99g (6.9%), Sugar: 12.36g (13.74%), Cholesterol: 25.59mg (8.53%), Sodium: 97.02mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.81%), Phosphorus: 76.24mg (7.62%), Calcium: 70.39mg (7.04%), Vitamin B2: 0.11mg (6.63%), Vitamin B12: 0.35µg (5.76%), Vitamin B1: 0.05mg (3.62%), Vitamin D: 0.54µg (3.58%), Manganese: 0.06mg (3.07%), Magnesium: 12.3mg (3.07%), Potassium: 106.83mg (3.05%), Vitamin B5: 0.29mg (2.89%), Iron: 0.51mg (2.82%), Vitamin A: 133.56IU (2.67%), Zinc: 0.38mg (2.55%), Copper: 0.05mg (2.34%), Vitamin B6: 0.04mg (2.13%), Selenium: 1.39µg (1.98%), Folate: 6.94µg (1.74%), Fiber: 0.37g (1.49%), Vitamin B3: 0.27mg (1.33%)