



Eggnog Pudding



Vegetarian



Gluten Free

READY IN



130 min.

SERVINGS



6

CALORIES



169 kcal

Ingredients

- ☐ 4 dashes ground cinnamon
- ☐ 2 dashes ground cloves
- ☐ 1 pinch ground ginger
- ☐ 2 dashes ground nutmeg
- ☐ 5.1 ounce vanilla pudding mix instant
- ☐ 3 cups milk cold

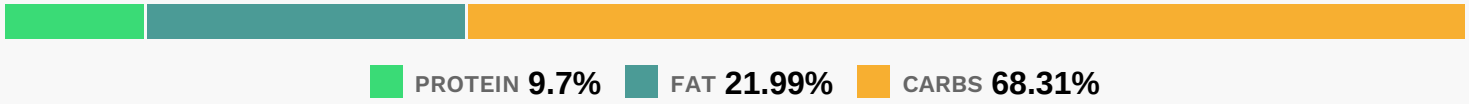
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Mix dry pudding mix in a bowl with cinnamon, nutmeg, cloves, and ginger until well blended.
- ☐ Whisk in milk, stirring 2 minutes, or until no lumps remain.
- ☐ Pour pudding into serving dishes and refrigerate 2 hours, or until set.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:2.24, Inflammation Score:-2, Nutrition Score:5.0791304014299%

Nutrients (% of daily need)

Calories: 168.95kcal (8.45%), Fat: 4.17g (6.42%), Saturated Fat: 2.39g (14.96%), Carbohydrates: 29.17g (9.72%), Net Carbohydrates: 28.49g (10.36%), Sugar: 25.11g (27.89%), Cholesterol: 14.64mg (4.88%), Sodium: 200.43mg (8.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.29%), Manganese: 0.34mg (17.22%), Calcium: 160.7mg (16.07%), Phosphorus: 125.24mg (12.52%), Vitamin B12: 0.66µg (10.98%), Vitamin B2: 0.17mg (10.16%), Vitamin D: 1.34µg (8.95%), Potassium: 195.7mg (5.59%), Vitamin B1: 0.07mg (4.68%), Vitamin B5: 0.46mg (4.59%), Magnesium: 16.58mg (4.15%), Vitamin A: 200.49IU (4.01%), Vitamin B6: 0.08mg (3.88%), Selenium: 2.6µg (3.72%), Zinc: 0.53mg (3.56%), Fiber: 0.69g (2.74%)