



Fat Free Creamy Pudding Sauce

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



123 kcal

Ingredients

- 3 cups milk fat-free cold
- 0.3 tsp ground cinnamon
- 1 pkg jell-o vanilla flavor pudding fat free sugar free instant (4-serving size)

Equipment

- bowl
- whisk

Directions

- Pour cold milk into medium bowl.
- Add pudding mix and cinnamon. Beat with wire whisk 2 minutes; cover.
- Refrigerate until ready to serve. Store leftover sauce in refrigerator.

Nutrition Facts

PROTEIN 16.58% **FAT 1.43%** **CARBS 81.99%**

Properties

Glycemic Index:7.65, Glycemic Load:2.39, Inflammation Score:-3, Nutrition Score:5.1195651074952%

Nutrients (% of daily need)

Calories: 123.07kcal (6.15%), Fat: 0.2g (0.3%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 25.25g (8.42%), Net Carbohydrates: 25.06g (9.11%), Sugar: 22.66g (25.18%), Cholesterol: 4.41mg (1.47%), Sodium: 182.2mg (7.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.21%), Calcium: 196.3mg (19.63%), Phosphorus: 157.76mg (15.78%), Vitamin B12: 0.85µg (14.21%), Vitamin B2: 0.2mg (11.48%), Vitamin D: 1.62µg (10.78%), Potassium: 249.89mg (7.14%), Vitamin A: 300.26IU (6.01%), Vitamin B1: 0.08mg (5.49%), Vitamin B5: 0.53mg (5.25%), Zinc: 0.67mg (4.45%), Selenium: 3.12µg (4.45%), Magnesium: 17.72mg (4.43%), Vitamin B6: 0.09mg (4.27%), Manganese: 0.03mg (1.43%)