



Fat Free Creamy Pudding Sauce

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



24

CALORIES



26 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)

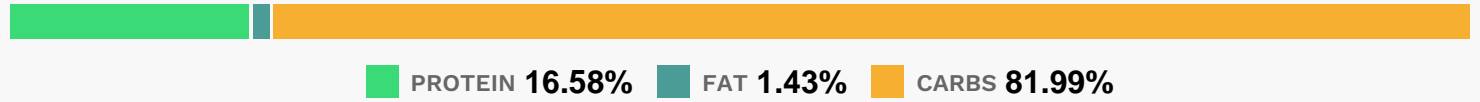
Equipment

- 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



Properties

Glycemic Index:1.59, Glycemic Load:0.5, Inflammation Score:-1, Nutrition Score:1.0660869709176%

Nutrients (% of daily need)

Calories: 25.64kcal (1.28%), Fat: 0.04g (0.06%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 5.22g (1.9%), Sugar: 4.72g (5.25%), Cholesterol: 0.92mg (0.31%), Sodium: 37.96mg (1.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Calcium: 40.9mg (4.09%), Phosphorus: 32.87mg (3.29%), Vitamin B12: 0.18µg (2.96%), Vitamin B2: 0.04mg (2.39%), Vitamin D: 0.34µg (2.25%), Potassium: 52.06mg (1.49%), Vitamin A: 62.55IU (1.25%), Vitamin B1: 0.02mg (1.14%), Vitamin B5: 0.11mg (1.09%)