

Fluff Dip for Fruit

 **Gluten Free**

READY IN



10 min.

SERVINGS



4

CALORIES



543 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup amaretto
- 6 ounce vanilla pudding mix instant
- 1 cup milk
- 16 ounce non-dairy whipped topping frozen thawed

Equipment

- bowl

Directions

In a medium bowl, mix together the vanilla pudding mix, milk and amaretto liqueur. Beat in the thawed frozen whipped topping. Chill 1 hour in the refrigerator before serving.

Nutrition Facts

PROTEIN 4.53% **FAT 31.26%** **CARBS 64.21%**

Properties

Glycemic Index:9.5, Glycemic Load:1.08, Inflammation Score:-2, Nutrition Score:4.4121739397878%

Nutrients (% of daily need)

Calories: 542.64kcal (27.13%), Fat: 17.07g (26.25%), Saturated Fat: 14.02g (87.61%), Carbohydrates: 78.87g (26.29%), Net Carbohydrates: 78.61g (28.59%), Sugar: 72.93g (81.04%), Cholesterol: 9.59mg (3.2%), Sodium: 377.22mg (16.4%), Alcohol: 7.67g (100%), Alcohol %: 3.94% (100%), Caffeine: 7.67mg (2.56%), Protein: 5.56g (11.12%), Calcium: 157.96mg (15.8%), Phosphorus: 148.15mg (14.81%), Vitamin B2: 0.2mg (11.49%), Vitamin B12: 0.56µg (9.27%), Potassium: 223.39mg (6.38%), Selenium: 4.35µg (6.22%), Vitamin D: 0.67µg (4.47%), Magnesium: 16.14mg (4.04%), Vitamin E: 0.6mg (3.98%), Vitamin B1: 0.06mg (3.87%), Vitamin A: 182.73IU (3.65%), Vitamin K: 3.81µg (3.63%), Vitamin B6: 0.06mg (2.99%), Zinc: 0.38mg (2.54%), Vitamin B5: 0.23mg (2.28%), Copper: 0.03mg (1.63%), Vitamin B3: 0.22mg (1.1%), Fiber: 0.26g (1.02%)