



Fluffy Pudding Frosting

 **Gluten Free**

READY IN



15 min.

SERVINGS



15

CALORIES



79 kcal

DESSERT

Ingredients

- 3.9 oz jell-o chocolate flavor pudding instant
- 1 cup milk cold
- 0.3 cup powdered sugar
- 8 oz cool whip whipped topping thawed

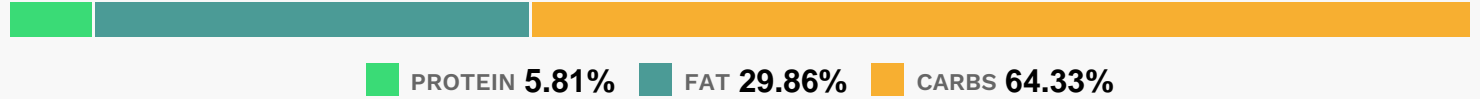
Equipment

- bowl
- whisk

Directions

- Beat pudding mix, milk and sugar in large bowl with whisk 2 min. Stir in COOL WHIP.
- Spread onto cupcakes immediately or store frosting in airtight container in refrigerator up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.29, Inflammation Score:-1, Nutrition Score:1.1439130533001%

Nutrients (% of daily need)

Calories: 79.27kcal (3.96%), Fat: 2.64g (4.06%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 12.8g (4.27%), Net Carbohydrates: 12.54g (4.56%), Sugar: 11.31g (12.57%), Cholesterol: 2.25mg (0.75%), Sodium: 122.44mg (5.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.31%), Phosphorus: 32.92mg (3.29%), Calcium: 31.65mg (3.16%), Vitamin B2: 0.04mg (2.38%), Vitamin B12: 0.12µg (1.97%), Potassium: 57.11mg (1.63%), Magnesium: 6.33mg (1.58%), Copper: 0.03mg (1.4%), Manganese: 0.03mg (1.39%), Selenium: 0.87µg (1.24%), Vitamin D: 0.18µg (1.19%), Fiber: 0.27g (1.06%)