



French Vanilla Latte Pudding

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



336 kcal

Ingredients

- ☐ 0.5 cup ground millstone vanilla coffee french
- ☐ 3.5 cups milk
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 5.1 ounce vanilla pudding mix instant
- ☐ 8 ounce non-dairy whipped topping frozen thawed

Equipment

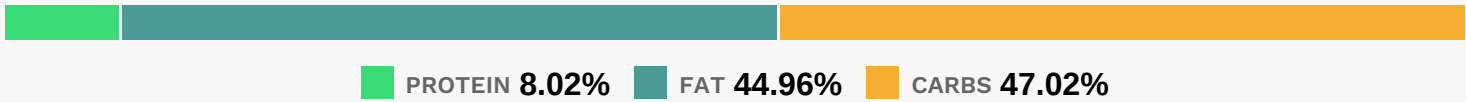
- ☐ bowl
- ☐ whisk
- ☐ sieve

☐ microwave

Directions

- ☐ Microwave milk at HIGH 3 minutes. Stir in 1/2 cup ground coffee, and let stand 10 minutes.
- ☐ Pour coffee mixture through a fine wire-mesh strainer into a large bowl, discarding coffee grounds; let mixture cool completely.
- ☐ Whisk together coffee mixture, sour cream, and pudding until thickened. Spoon into serving bowls; top evenly with whipped topping, and, if desired, serve with cookies.
- ☐ Note: For testing purposes only, we used Pepperidge Farm Chocolate-Hazelnut Cream-Filled Pirouettes for the chocolate-hazelnut cream-filled cookies.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:2.53, Inflammation Score:-3, Nutrition Score:6.6291303893794%

Nutrients (% of daily need)

Calories: 336.24kcal (16.81%), Fat: 16.94g (26.06%), Saturated Fat: 10.76g (67.24%), Carbohydrates: 39.85g (13.28%), Net Carbohydrates: 39.7g (14.44%), Sugar: 36.17g (40.19%), Cholesterol: 40.14mg (13.38%), Sodium: 246.04mg (10.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 10.73mg (3.58%), Protein: 6.8g (13.59%), Calcium: 241.29mg (24.13%), Phosphorus: 200.94mg (20.09%), Vitamin B2: 0.3mg (17.47%), Vitamin B12: 0.92µg (15.39%), Vitamin D: 1.57µg (10.44%), Vitamin A: 494.04IU (9.88%), Potassium: 303.75mg (8.68%), Selenium: 5.23µg (7.47%), Vitamin B5: 0.66mg (6.58%), Vitamin B1: 0.09mg (6.32%), Magnesium: 23.51mg (5.88%), Vitamin B6: 0.11mg (5.49%), Zinc: 0.75mg (5.01%), Vitamin E: 0.4mg (2.69%), Vitamin K: 2.2µg (2.1%), Vitamin B3: 0.22mg (1.11%)