



Frozen Chocolate Graham Delights

READY IN



190 min.

SERVINGS



10

CALORIES



109 kcal

SIDE DISH

Ingredients

- 7 graham crackers whole
- 1 pkg jell-o chocolate flavor pudding instant (4-serving size)
- 0.5 cup marshmallows jet-puffed miniature
- 1.5 cups milk cold
- 0.3 cup planters cocktail peanuts chopped
- 1 cup cool whip whipped topping thawed

Equipment

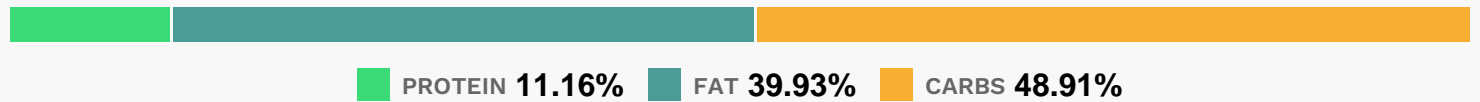
- bowl

- whisk
- muffin liners

Directions

- Pour milk into medium bowl.
- Add dry pudding mix. Beat with wire whisk 2 min.or until well blended.
- Add whipped topping, graham pieces, marshmallows and peanuts; mix lightly.
- Spoon evenly into 8 paper-lined medium muffin cups or 8 (4-oz.) paper souffle cups.
- Freeze 3 hours or until firm. Store leftover desserts in freezer.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:7.19, Inflammation Score:-1, Nutrition Score:3.0095652069734%

Nutrients (% of daily need)

Calories: 109.44kcal (5.47%), Fat: 4.95g (7.62%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 13.64g (4.55%), Net Carbohydrates: 12.96g (4.71%), Sugar: 7.29g (8.1%), Cholesterol: 4.54mg (1.51%), Sodium: 88.12mg (3.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Phosphorus: 76.75mg (7.67%), Calcium: 62.04mg (6.2%), Vitamin B2: 0.09mg (5.05%), Vitamin B3: 1mg (5%), Manganese: 0.1mg (4.92%), Vitamin B1: 0.07mg (4.6%), Magnesium: 17.66mg (4.41%), Vitamin B12: 0.21µg (3.54%), Folate: 13.52µg (3.38%), Iron: 0.56mg (3.12%), Potassium: 107.34mg (3.07%), Zinc: 0.43mg (2.84%), Fiber: 0.69g (2.74%), Vitamin D: 0.4µg (2.68%), Vitamin B6: 0.05mg (2.32%), Vitamin B5: 0.2mg (2.01%), Copper: 0.04mg (1.98%), Selenium: 1.18µg (1.69%), Vitamin A: 64.84IU (1.3%)