



## Frozen Peanut Butter Pudding Squares

 Vegetarian

READY IN



90 min.

SERVINGS



16

CALORIES



195 kcal

### Ingredients

- 16 graham crackers whole
- 3.9 ounce chocolate pudding mix instant
- 1.5 cups milk cold
- 1 cup peanut butter melted

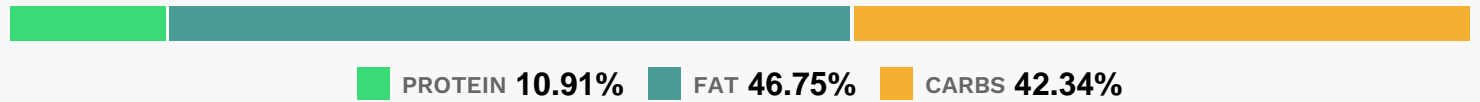
### Equipment

- bowl
- baking sheet
- plastic wrap
- ziploc bags

## Directions

- Pour milk into a bowl; add pudding mix and beat continually until the powder is completely dissolved and the mixture begins to thicken, about 2 minutes. Beat melted peanut butter into the pudding mixture.
- Chill pudding mixture in refrigerator until slightly thickened, about 3 minutes.
- Spread about 1 heaping tablespoon pudding mix onto each graham cracker square; sandwich squares together to get 16 pudding-filled squares. Arrange onto a baking sheet and cover lightly with plastic wrap.
- Chill in freezer until the pudding is firm, at least 1 hour. Store in a resealable plastic bag in the freezer.

## Nutrition Facts



## Properties

Glycemic Index:7.88, Glycemic Load:8.34, Inflammation Score:-2, Nutrition Score:5.1621739067461%

## Nutrients (% of daily need)

Calories: 195.47kcal (9.77%), Fat: 10.5g (16.16%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 21.41g (7.14%), Net Carbohydrates: 19.91g (7.24%), Sugar: 10.7g (11.89%), Cholesterol: 2.74mg (0.92%), Sodium: 268.88mg (11.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.52g (11.03%), Vitamin B3: 2.71mg (13.57%), Manganese: 0.26mg (13.13%), Phosphorus: 111.02mg (11.1%), Magnesium: 41.37mg (10.34%), Vitamin E: 1.49mg (9.9%), Fiber: 1.5g (6%), Vitamin B2: 0.1mg (5.87%), Zinc: 0.82mg (5.45%), Iron: 0.95mg (5.26%), Folate: 20.51µg (5.13%), Vitamin B6: 0.1mg (5.02%), Copper: 0.1mg (4.83%), Calcium: 47.93mg (4.79%), Potassium: 166.35mg (4.75%), Vitamin B1: 0.07mg (4.51%), Vitamin B5: 0.26mg (2.58%), Vitamin B12: 0.12µg (2.06%), Selenium: 1.27µg (1.81%), Vitamin D: 0.25µg (1.68%)