



## Fruity Pudding Pops

 Vegetarian

READY IN



250 min.

SERVINGS



5

CALORIES



142 kcal

### Ingredients

- 2 cups milk fat-free cold
- 3.4 oz jell-o vanilla flavor pudding instant
- 0.3 cup kool-aid strawberry flavor sugar-sweetened drink mix (from the canister)
- 1 cup strawberries fresh sliced

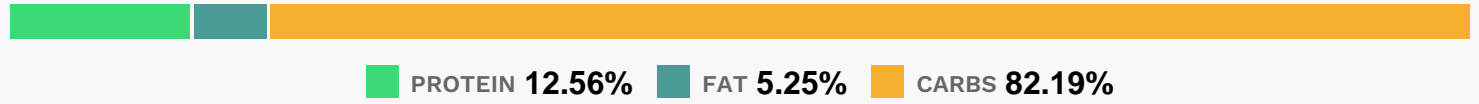
### Equipment

- bowl
- whisk

# Directions

- Beat pudding mix, drink mix and milk in medium bowl with whisk 2 min. Stir in berries.
- Pour into 5 (5- tor 6-oz.) paper cups. Insert wooden pop stick in center of each.
- Freeze 4 hours or until firm. Peel off cups before serving.

# Nutrition Facts



# Properties

Glycemic Index:14.65, Glycemic Load:2.25, Inflammation Score:-3, Nutrition Score:6.0191304165384%

# Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg, Pelargonidin: 7.16mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

# Nutrients (% of daily need)

Calories: 142.35kcal (7.12%), Fat: 0.84g (1.29%), Saturated Fat: 0.37g (2.3%), Carbohydrates: 29.48g (9.83%), Net Carbohydrates: 28.78g (10.47%), Sugar: 24.63g (27.36%), Cholesterol: 4.44mg (1.48%), Sodium: 188.19mg (8.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.01%), Vitamin C: 17.12mg (20.75%), Calcium: 153.56mg (15.36%), Phosphorus: 134.53mg (13.45%), Vitamin B2: 0.19mg (11.45%), Vitamin B12: 0.62µg (10.31%), Potassium: 258.95mg (7.4%), Vitamin D: 1.08µg (7.19%), Manganese: 0.13mg (6.52%), Vitamin B1: 0.09mg (6.22%), Magnesium: 21.32mg (5.33%), Vitamin B6: 0.1mg (4.8%), Selenium: 3.27µg (4.68%), Vitamin A: 217.38IU (4.35%), Vitamin B5: 0.42mg (4.25%), Zinc: 0.55mg (3.65%), Folate: 11.75µg (2.94%), Fiber: 0.7g (2.79%), Vitamin B3: 0.55mg (2.77%), Copper: 0.03mg (1.62%)