



Ghostly Pudding Milk Shake

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



263 kcal

BEVERAGE

DRINK

Ingredients

- 3.4 oz jell-o vanilla flavor pudding instant
- 3 cups milk cold
- 1 oz baker's semi-sweet chocolate
- 0.5 cup cool whip whipped topping thawed

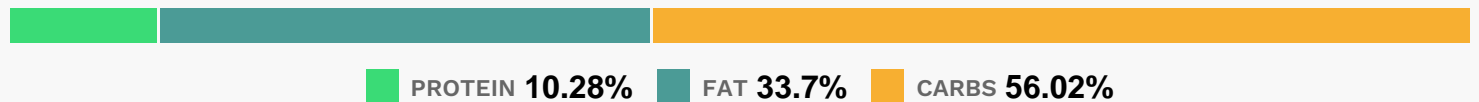
Equipment

- bowl

Directions

- Melt chocolate in microwaveable bowl on HIGH 1 min., stirring after 30 sec. Stir until chocolate is completely melted. Use clean small paintbrush to paint a ghost face on inside of each of 4 clear 8-oz. plastic cups with the melted chocolate. Refrigerate until ready to use.
- Place milk and dry pudding mix in 1-qt. pitcher with tight-fitting lid; cover. Shake vigorously 1 min. or until well blended.
- Pour into prepared glasses; top with COOL WHIP.
- Serve immediately. (
- Mixture thickens as it stands.)

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:3.25, Inflammation Score:-3, Nutrition Score:7.2765216856547%

Nutrients (% of daily need)

Calories: 263.16kcal (13.16%), Fat: 9.9g (15.22%), Saturated Fat: 6.05g (37.79%), Carbohydrates: 37g (12.33%), Net Carbohydrates: 36.29g (13.2%), Sugar: 32.74g (36.37%), Cholesterol: 22.57mg (7.52%), Sodium: 230.02mg (10%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 6.79g (13.58%), Calcium: 237.35mg (23.73%), Phosphorus: 210.68mg (21.07%), Vitamin B12: 1.02µg (17%), Vitamin B2: 0.27mg (15.74%), Vitamin D: 2.01µg (13.42%), Potassium: 328.97mg (9.4%), Magnesium: 35.09mg (8.77%), Vitamin B1: 0.11mg (7.11%), Vitamin B5: 0.7mg (7.04%), Selenium: 4.51µg (6.45%), Zinc: 0.95mg (6.35%), Vitamin A: 306.94IU (6.14%), Vitamin B6: 0.12mg (5.8%), Manganese: 0.1mg (5.16%), Copper: 0.1mg (4.81%), Fiber: 0.71g (2.85%), Iron: 0.48mg (2.65%), Vitamin B3: 0.26mg (1.31%), Vitamin K: 1.36µg (1.29%), Vitamin E: 0.18mg (1.2%)