



Holiday Mallow Layered Dessert

 Gluten Free

READY IN



200 min.

SERVINGS



20

CALORIES



142 kcal

Ingredients

- 3 Tbsp planters almonds sliced
- 3.4 oz jell-o vanilla flavor pudding instant
- 2.5 cups holiday mallows marshmallows jet-puffed divided
- 1.8 cups milk cold
- 10 oz round cake prepared cut into 1-inch cubes
- 2.5 cups strawberries halved
- 8 oz cool whip whipped topping divided thawed

Equipment

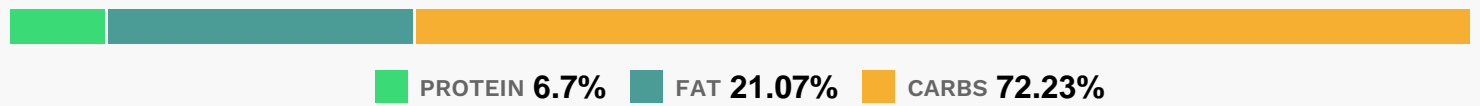
- bowl

whisk

Directions

- Beat pudding mix and milk in large bowl with whisk 2 min. Gently stir in 2-1/2 cups COOL WHIP.
- Layer half each of the cake cubes, pudding mixture and strawberries in 2-1/2-qt. serving bowl; top with 2-1/4 cups marshmallows. Repeat layers of cake, pudding mixture and strawberries. Top with remaining COOL WHIP; sprinkle with nuts and remaining marshmallows. Cover.
- Refrigerate 3 hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:7.43, Glycemic Load:5.41, Inflammation Score:-1, Nutrition Score:3.394782602787%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 141.84kcal (7.09%), Fat: 3.39g (5.22%), Saturated Fat: 1.86g (11.63%), Carbohydrates: 26.15g (8.72%), Net Carbohydrates: 25.5g (9.27%), Sugar: 19.07g (21.19%), Cholesterol: 17.25mg (5.75%), Sodium: 142.88mg (6.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin C: 10.58mg (12.83%), Manganese: 0.14mg (6.78%), Phosphorus: 61.76mg (6.18%), Vitamin B2: 0.1mg (5.86%), Calcium: 51.67mg (5.17%), Vitamin B1: 0.06mg (3.74%), Vitamin E: 0.54mg (3.58%), Selenium: 2.3µg (3.29%), Iron: 0.55mg (3.07%), Folate: 12.08µg

(3.02%), Magnesium: 11.49mg (2.87%), Vitamin B12: 0.17µg (2.87%), Potassium: 97.48mg (2.79%), Fiber: 0.66g (2.63%), Copper: 0.04mg (2.22%), Vitamin B3: 0.44mg (2.19%), Vitamin B5: 0.18mg (1.77%), Vitamin D: 0.26µg (1.75%), Vitamin B6: 0.03mg (1.67%), Zinc: 0.25mg (1.65%), Vitamin A: 66.98IU (1.34%)