



Hot Chocolate Pudding Mugs

 Gluten Free

READY IN



11 min.

SERVINGS



6

CALORIES



81 kcal

Ingredients

- 1 pkg jell-o chocolate flavor cook & serve pudding (6-serving size)
- 18 marshmallows jet-puffed miniature
- 3 cups milk

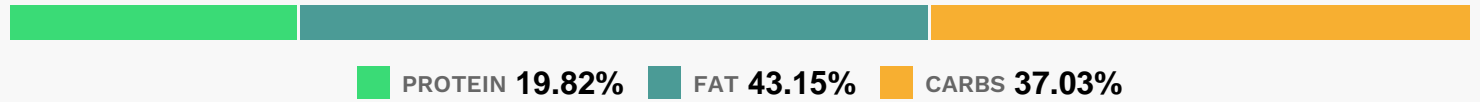
Equipment

Directions

- Prepare pudding mix with milk as directed on package.
- Spoon into 6 individual dessert mugs. Top each with 3 marshmallows.

Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.42, Glycemic Load:3.2, Inflammation Score:-2, Nutrition Score:3.9826086779004%

Nutrients (% of daily need)

Calories: 80.51kcal (4.03%), Fat: 3.91g (6.02%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 7.54g (2.74%), Sugar: 7.19g (7.99%), Cholesterol: 14.64mg (4.88%), Sodium: 50.42mg (2.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.04g (8.09%), Calcium: 150.14mg (15.01%), Phosphorus: 123.51mg (12.35%), Vitamin B12: 0.66µg (10.98%), Vitamin B2: 0.17mg (9.91%), Vitamin D: 1.34µg (8.95%), Potassium: 183.5mg (5.24%), Vitamin B1: 0.07mg (4.56%), Vitamin B5: 0.46mg (4.55%), Vitamin A: 197.64IU (3.95%), Vitamin B6: 0.07mg (3.73%), Magnesium: 14.76mg (3.69%), Selenium: 2.36µg (3.37%), Zinc: 0.5mg (3.35%)