



## Iced Cappuccino Creme

 Gluten Free

READY IN



365 min.

SERVINGS



5

CALORIES



325 kcal

BEVERAGE

DRINK

### Ingredients

- 1 pkg jell-o vanilla flavor pudding instant (4-serving size)
- 2 cups milk cold
- 0.5 cup maxwell house international suisse mocha
- 8 oz cool whip whipped topping thawed

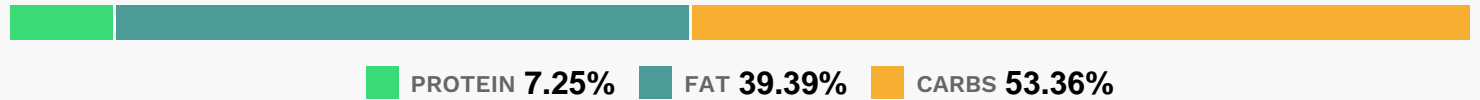
### Equipment

- bowl
- whisk

## Directions

- Pour milk into large bowl.
- Add dry pudding mix and flavored instant coffee. Beat with wire whisk 2 min.
- Add whipped topping; stir until well blended. Cover.
- Freeze 6 hours or until firm. Store leftovers in freezer.

## Nutrition Facts



## Properties

Glycemic Index:7.6, Glycemic Load:1.73, Inflammation Score:-2, Nutrition Score:5.621739189262%

## Nutrients (% of daily need)

Calories: 324.73kcal (16.24%), Fat: 14.24g (21.91%), Saturated Fat: 9.51g (59.43%), Carbohydrates: 43.41g (14.47%), Net Carbohydrates: 42.02g (15.28%), Sugar: 37.86g (42.06%), Cholesterol: 14.83mg (4.94%), Sodium: 195.92mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 142.63mg (47.54%), Protein: 5.89g (11.79%), Calcium: 170.21mg (17.02%), Phosphorus: 155.48mg (15.55%), Vitamin B2: 0.22mg (13.13%), Vitamin B12: 0.62µg (10.3%), Magnesium: 33.08mg (8.27%), Potassium: 254.19mg (7.26%), Vitamin D: 1.07µg (7.16%), Fiber: 1.39g (5.56%), Copper: 0.11mg (5.26%), Selenium: 3.59µg (5.13%), Manganese: 0.1mg (5.01%), Zinc: 0.67mg (4.49%), Vitamin B1: 0.07mg (4.45%), Vitamin A: 191.68IU (3.83%), Vitamin B5: 0.38mg (3.82%), Vitamin B6: 0.08mg (3.75%), Iron: 0.52mg (2.89%), Vitamin K: 2.75µg (2.62%), Vitamin E: 0.31mg (2.1%), Vitamin B3: 0.25mg (1.23%)