



JELL-O Chocolate-Peanut Butter Parfaits

 **Gluten Free**

READY IN



40 min.

SERVINGS



40

CALORIES



29 kcal

Ingredients

- 3 Tbsp creamy peanut butter
- 3.9 oz jell-o chocolate flavor pudding instant
- 2 cups milk cold divided
- 1 cup cool whip whipped topping thawed

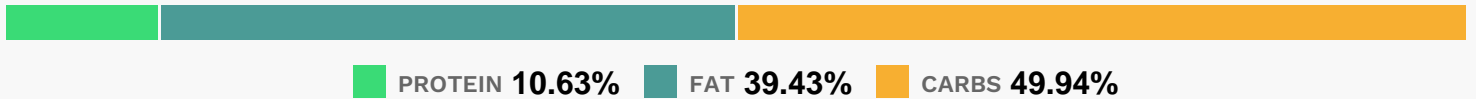
Equipment

- bowl
- whisk

Directions

- Beat pudding mix and 2 cups milk with whisk 2 min.; set aside. Gradually add remaining milk to peanut butter in medium bowl, stirring with whisk until blended. Stir in COOL WHIP.
- Spoon half the pudding evenly into 6 parfait glasses; top with layers of peanut butter mixture and remaining pudding.
- Refrigerate 30 min.

Nutrition Facts



Properties

Glycemic Index:1.3, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:0.78434781924538%

Nutrients (% of daily need)

Calories: 29.13kcal (1.46%), Fat: 1.3g (2%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 3.55g (1.29%), Sugar: 3.03g (3.37%), Cholesterol: 1.5mg (0.5%), Sodium: 50.63mg (2.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.79g (1.58%), Phosphorus: 19.77mg (1.98%), Calcium: 17.26mg (1.73%), Manganese: 0.03mg (1.41%), Vitamin B2: 0.02mg (1.31%), Magnesium: 4.87mg (1.22%), Vitamin B12: 0.07µg (1.16%)