



JELL-O® Pudding Fruity Mix-Ins

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



108 kcal

Ingredients

- 1 cup fruit such as sliced bananas and strawberries assorted
- 1 pkg jell-o chocolate flavor pudding instant (4-serving size)
- 2 cups milk cold

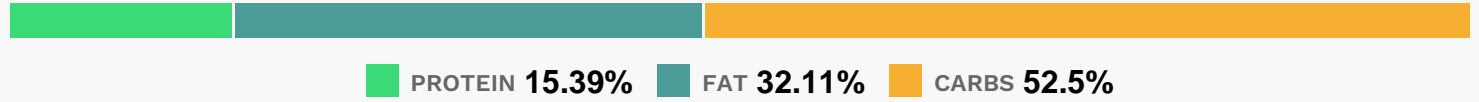
Equipment

- bowl
- whisk

Directions

- Pour milk into medium bowl.
- Add dry pudding mix. Beat with wire whisk 2 minutes.
- Let stand 5 minutes.
- Stir in fruit.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:2.16, Inflammation Score:-3, Nutrition Score:4.9617391241633%

Nutrients (% of daily need)

Calories: 107.92kcal (5.4%), Fat: 3.97g (6.1%), Saturated Fat: 2.28g (14.23%), Carbohydrates: 14.6g (4.87%), Net Carbohydrates: 13.64g (4.96%), Sugar: 12.7g (14.11%), Cholesterol: 14.64mg (4.88%), Sodium: 52.9mg (2.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Calcium: 153.05mg (15.31%), Phosphorus: 130.51mg (13.05%), Vitamin B12: 0.66µg (10.98%), Vitamin B2: 0.18mg (10.75%), Vitamin D: 1.34µg (8.95%), Vitamin A: 376.58IU (7.53%), Potassium: 236.32mg (6.75%), Vitamin B1: 0.08mg (5.03%), Vitamin B5: 0.48mg (4.79%), Magnesium: 17.72mg (4.43%), Vitamin B6: 0.08mg (4.2%), Fiber: 0.96g (3.83%), Zinc: 0.56mg (3.7%), Selenium: 2.32µg (3.32%), Vitamin K: 3.1µg (2.95%), Copper: 0.05mg (2.33%), Vitamin B3: 0.36mg (1.8%), Vitamin C: 1.3mg (1.58%), Manganese: 0.02mg (1.09%), Iron: 0.19mg (1.04%)