



Lemon-Ginger Refrigerator Roll

READY IN



500 min.

SERVINGS



20

CALORIES



79 kcal

Ingredients

- 1 cup milk fat-free cold
- 30 gingersnaps
- 3.4 oz jell-o lemon flavor pudding instant
- 1.5 cups cool whip lite whipped topping thawed

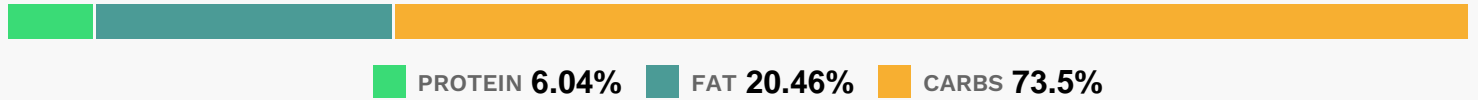
Equipment

- bowl
- whisk

Directions

- Beat pudding mix and milk in medium bowl with whisk 2 min. Stir in COOL WHIP.
- Spread about 1-1/2 tsp. pudding mixture onto each cookie. Stack cookies, then stand on edge on platter. Frost with remaining pudding mixture.
- Refrigerate 8 hours.
- Cut into diagonal slices to serve.

Nutrition Facts



Properties

Glycemic Index:1.66, Glycemic Load:0.2, Inflammation Score:-1, Nutrition Score:1.7843477998091%

Nutrients (% of daily need)

Calories: 78.71kcal (3.94%), Fat: 1.79g (2.76%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 14.51g (4.84%), Net Carbohydrates: 14.25g (5.18%), Sugar: 7.86g (8.73%), Cholesterol: 0.48mg (0.16%), Sodium: 97.95mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Manganese: 0.16mg (8.2%), Iron: 0.68mg (3.79%), Vitamin B2: 0.05mg (3.09%), Calcium: 28.49mg (2.85%), Phosphorus: 26.08mg (2.61%), Folate: 9.55µg (2.39%), Vitamin B1: 0.03mg (1.93%), Potassium: 63.43mg (1.81%), Vitamin B3: 0.36mg (1.8%), Magnesium: 7.01mg (1.75%), Copper: 0.03mg (1.69%), Selenium: 0.96µg (1.37%), Vitamin B12: 0.08µg (1.37%), Fiber: 0.26g (1.04%)