



Low-Fat Pudding Caf ©

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



5

CALORIES



158 kcal

Ingredients

- 1 cup cool whip free whipped topping thawed
- 2 cups milk fat-free cold
- 1 pkg jell-o vanilla flavor pudding fat free sugar free instant (4-serving size)
- 0.3 cup maxwell house international caf   vanilla caf   french sugar free

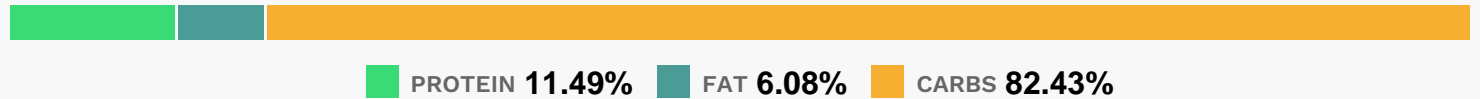
Equipment

- bowl
- whisk

Directions

- Pour milk into medium bowl.
- Add dry pudding mix and flavored instant coffee. Beat with wire whisk 2 min. or until well blended. Cover.
- Refrigerate at least 1 hour.
- Top with the whipped topping just before serving. Store leftovers in refrigerator.

Nutrition Facts



Properties

Glycemic Index:6.65, Glycemic Load:1.59, Inflammation Score:-2, Nutrition Score:4.3208695679255%

Nutrients (% of daily need)

Calories: 158.39kcal (7.92%), Fat: 0.91g (1.4%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 27.81g (9.27%), Net Carbohydrates: 27.63g (10.05%), Sugar: 23.9g (26.55%), Cholesterol: 5.34mg (1.78%), Sodium: 173.84mg (7.56%), Alcohol: 3.58g (100%), Alcohol %: 3.18% (100%), Protein: 3.88g (7.75%), Calcium: 147.66mg (14.77%), Vitamin B2: 0.23mg (13.74%), Vitamin B12: 0.79µg (13.17%), Phosphorus: 116.07mg (11.61%), Vitamin D: 1.08µg (7.19%), Potassium: 199.09mg (5.69%), Vitamin B1: 0.08mg (5.21%), Vitamin A: 226.17IU (4.52%), Vitamin B6: 0.08mg (3.9%), Selenium: 2.58µg (3.69%), Magnesium: 14.21mg (3.55%), Vitamin B5: 0.35mg (3.54%), Zinc: 0.5mg (3.35%), Manganese: 0.03mg (1.42%), Folate: 4.51µg (1.13%), Vitamin B3: 0.21mg (1.07%)