



## Mini Lemon Cream "Pies

 Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



124 kcal

SIDE DISH

## Ingredients

- 3.4 oz jell-o vanilla flavor pudding instant
- 3 oz jell-o lemon flavor gelatin
- 8 vanilla wafers
- 1.5 cups water boiling
- 0.5 cup cool whip whipped topping thawed

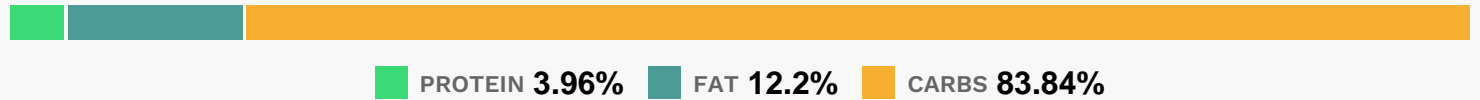
## Equipment

- bowl

## Directions

- Mix pudding mix and gelatin mix in medium bowl.
- Add boiling water; stir 2 min. until mixes are completely dissolved. Refrigerate 15 min.
- Place 1 wafer in bottom of each of 8 dessert dishes; cover with pudding mixture.
- Top with COOL WHIP.

## Nutrition Facts



## Properties

Glycemic Index:9.63, Glycemic Load:3.31, Inflammation Score:1, Nutrition Score:0.55391303571346%

## Nutrients (% of daily need)

Calories: 124.39kcal (6.22%), Fat: 1.71g (2.63%), Saturated Fat: 0.88g (5.52%), Carbohydrates: 26.38g (8.79%), Net Carbohydrates: 26.22g (9.54%), Sugar: 21.71g (24.12%), Cholesterol: 0.15mg (0.05%), Sodium: 155.76mg (6.77%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 1.25g (2.49%), Phosphorus: 21.22mg (2.12%), Vitamin B1: 0.03mg (1.76%), Folate: 5.74µg (1.43%), Vitamin B2: 0.02mg (1.41%), Selenium: 0.93µg (1.33%), Copper: 0.02mg (1.13%)