



## Mocha Pudding Parfaits

READY IN



70 min.

SERVINGS



10

CALORIES



79 kcal

### Ingredients

- 6 chocolate wafers such as nabisco famous chopped
- 8 oz cool whip free whipped topping divided thawed
- 1.5 cups milk fat-free cold
- 1.4 oz jell-o chocolate flavor pudding fat free sugar free instant
- 1 Tbsp maxwell house coffee instant

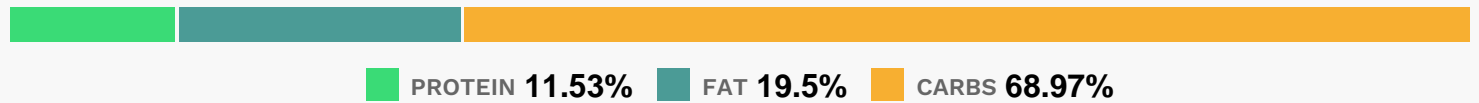
### Equipment

- bowl
- whisk

## Directions

- Add milk to coffee in large bowl; whisk until dissolved.
- Add dry pudding mix; beat 2 min. Stir in half the COOL WHIP.
- Spoon half the pudding mixture evenly into 6 parfait glasses or dessert dishes; sprinkle with chopped wafers. Cover with half the remaining COOL WHIP; top with layers of remaining pudding mixture and COOL WHIP.
- Refrigerate 1 hour.

## Nutrition Facts



## Properties

Glycemic Index:8.27, Glycemic Load:1.83, Inflammation Score:-1, Nutrition Score:3.041739144403%

## Nutrients (% of daily need)

Calories: 78.64kcal (3.93%), Fat: 1.75g (2.7%), Saturated Fat: 0.86g (5.34%), Carbohydrates: 13.95g (4.65%), Net Carbohydrates: 13.59g (4.94%), Sugar: 9.52g (10.58%), Cholesterol: 4.8mg (1.6%), Sodium: 109.18mg (4.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.34mg (5.45%), Protein: 2.33g (4.66%), Vitamin B2: 0.2mg (11.8%), Vitamin B12: 0.55µg (9.2%), Calcium: 75.3mg (7.53%), Phosphorus: 63.87mg (6.39%), Vitamin B1: 0.06mg (4.13%), Potassium: 120.49mg (3.44%), Magnesium: 11.55mg (2.89%), Vitamin D: 0.4µg (2.69%), Vitamin B6: 0.05mg (2.58%), Selenium: 1.78µg (2.55%), Manganese: 0.05mg (2.46%), Vitamin A: 115.09IU (2.3%), Zinc: 0.3mg (2.01%), Vitamin B3: 0.38mg (1.9%), Copper: 0.04mg (1.82%), Folate: 6.4µg (1.6%), Vitamin B5: 0.15mg (1.46%), Fiber: 0.36g (1.42%), Iron: 0.22mg (1.25%)