



MVP Pudding with Milk

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



179 kcal

Ingredients

- ☐ 1 cup blueberries
- ☐ 4 cups lactose-free milk fat-free low-fat
- ☐ 1 cup lowfat brownie pieces fat-free low-fat (using or brownie mix)
- ☐ 2 cups strawberries sliced
- ☐ 8 serving vanilla regular pudding

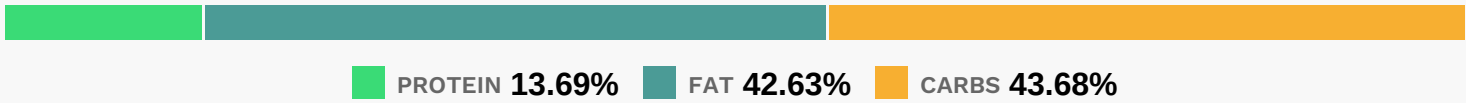
Equipment

- ☐ bowl

Directions

- ☐ Add fat-free or low-fat lactose-free milk to pudding mix and prepare according to directions on box (instant pudding may be substituted).
- ☐ Place half of the brownie pieces on the bottom of a medium glass bowl and layer with half of the vanilla pudding, 1 cup of strawberries and 1/2 cup of blueberries. Repeat layers with remainder of ingredients.
- ☐ Serve immediately or cover and refrigerate.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:4.94, Inflammation Score:-5, Nutrition Score:10.546956487324%

Flavonoids

Cyanidin: 2.89mg, Cyanidin: 2.89mg, Cyanidin: 2.89mg, Cyanidin: 2.89mg Petunidin: 7.83mg, Petunidin: 7.83mg, Petunidin: 7.83mg, Petunidin: 7.83mg Delphinidin: 8.89mg, Delphinidin: 8.89mg, Delphinidin: 8.89mg, Delphinidin: 8.89mg Malvidin: 16.68mg, Malvidin: 16.68mg, Malvidin: 16.68mg, Malvidin: 16.68mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 5.03mg, Peonidin: 5.03mg, Peonidin: 5.03mg, Peonidin: 5.03mg Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg, Catechin: 2.8mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 178.86kcal (8.94%), Fat: 8.65g (13.31%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 19.94g (6.65%), Net Carbohydrates: 18.38g (6.68%), Sugar: 15.44g (17.15%), Cholesterol: 10.87mg (3.62%), Sodium: 384.91mg (16.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.5%), Vitamin C: 30.62mg (37.11%), Vitamin K: 25.86µg (24.63%), Calcium: 227.07mg (22.71%), Phosphorus: 194.87mg (19.49%), Vitamin B12: 0.95µg (15.79%), Vitamin B2: 0.23mg (13.81%), Manganese: 0.28mg (13.79%), Vitamin D: 1.8µg (11.98%), Potassium: 377.04mg (10.77%), Vitamin B1:

0.12mg (7.67%), Vitamin A: 378.41IU (7.57%), Vitamin E: 1.1mg (7.32%), Magnesium: 28.07mg (7.02%), Vitamin B5: 0.7mg (6.95%), Vitamin B6: 0.13mg (6.54%), Selenium: 4.47µg (6.38%), Fiber: 1.56g (6.24%), Zinc: 0.87mg (5.79%), Folate: 17.76µg (4.44%), Vitamin B3: 0.48mg (2.42%), Copper: 0.05mg (2.39%), Iron: 0.32mg (1.77%)