

NILLA® Sand Cups

READY IN



75 min.

SERVINGS



8

CALORIES



548 kcal

SIDE DISH

Ingredients

- 8 fruit worm-shaped
- 2 pkg peach pie filling instant (4 serving size)
- 1 quart milk cold
- 32 vanilla wafers divided crushed finely
- 6 oz peanut butter cups

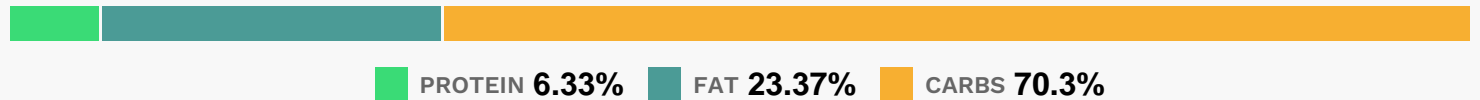
Equipment

- bowl
- whisk

Directions

- Pour milk into large bowl.
- Add dry pudding mixes. Beat with wire whisk 2 minutes or until well blended.
- Let stand 5 minutes.
- Place 1 tablespoon of the wafer crumbs in bottom of each cup; cover evenly with pudding. Top with remaining crumbs.
- Refrigerate 1 hour or until ready to serve.
- Garnish each cup with a fruit snack before serving.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:15.35, Inflammation Score:-8, Nutrition Score:13.78608697912%

Nutrients (% of daily need)

Calories: 548.11kcal (27.41%), Fat: 14.9g (22.92%), Saturated Fat: 5.89g (36.8%), Carbohydrates: 100.84g (33.61%), Net Carbohydrates: 92.53g (33.65%), Sugar: 73.97g (82.19%), Cholesterol: 15.71mg (5.24%), Sodium: 239.96mg (10.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.08g (18.16%), Fiber: 8.3g (33.22%), Vitamin A: 1562.6IU (31.25%), Phosphorus: 217.81mg (21.78%), Vitamin B2: 0.35mg (20.58%), Vitamin K: 21.48µg (20.46%), Copper: 0.39mg (19.49%), Potassium: 671.14mg (19.18%), Calcium: 184.6mg (18.46%), Vitamin B3: 3.47mg (17.33%), Vitamin B1: 0.26mg (17.01%), Magnesium: 49.88mg (12.47%), Vitamin C: 9.97mg (12.08%), Vitamin B12: 0.69µg (11.57%), Folate: 40.75µg (10.19%), Iron: 1.65mg (9.18%), Vitamin D: 1.3µg (8.67%), Vitamin B6: 0.17mg (8.27%), Zinc: 1.16mg (7.75%), Vitamin B5: 0.76mg (7.58%), Manganese: 0.13mg (6.31%), Selenium: 2.55µg (3.64%)