



Peaches & Cream Pudding

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



364 kcal

Ingredients

- 1 pkg jell-o vanilla flavor pudding instant (4-serving size)
- 15 1 can (15 oz.) peach slices in natural juice drained canned
- 1 cup milk

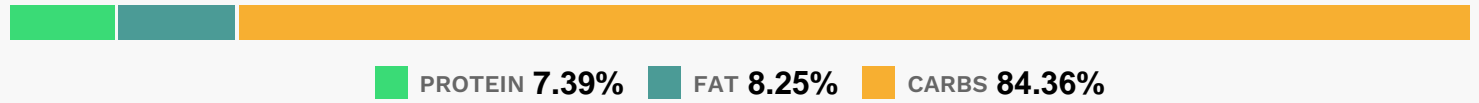
Equipment

- bowl
- whisk

Directions

- Mix milk and reserved peach juice in medium bowl.
- Add dry pudding mix. Beat with wire whisk 2 min. or until well blended. Stir in peaches. Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:19.56, Glycemic Load:20.55, Inflammation Score:-9, Nutrition Score:16.346087103305%

Flavonoids

Cyanidin: 10.8mg, Cyanidin: 10.8mg, Cyanidin: 10.8mg, Cyanidin: 10.8mg Catechin: 27.67mg, Catechin: 27.67mg, Catechin: 27.67mg, Catechin: 27.67mg Epigallocatechin: 5.85mg, Epigallocatechin: 5.85mg, Epigallocatechin: 5.85mg, Epigallocatechin: 5.85mg Epicatechin: 13.16mg, Epicatechin: 13.16mg, Epicatechin: 13.16mg, Epicatechin: 13.16mg Epigallocatechin 3-gallate: 1.69mg, Epigallocatechin 3-gallate: 1.69mg, Epigallocatechin 3-gallate: 1.69mg, Epigallocatechin 3-gallate: 1.69mg Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg, Kaempferol: 1.24mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 363.81kcal (18.19%), Fat: 3.57g (5.49%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 82.1g (27.37%), Net Carbohydrates: 73.52g (26.73%), Sugar: 69.17g (76.85%), Cholesterol: 7.32mg (2.44%), Sodium: 248.71mg (10.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.19g (14.38%), Vitamin A: 1932.57IU (38.65%), Fiber: 8.58g (34.33%), Vitamin C: 23.06mg (27.95%), Vitamin E: 4.14mg (27.58%), Vitamin B3: 4.6mg (22.99%), Potassium: 782.55mg (22.36%), Copper: 0.44mg (22.22%), Selenium: 13.19µg (18.84%), Phosphorus: 185.84mg (18.58%), Manganese: 0.35mg (17.37%), Vitamin K: 17.06µg (16.25%), Vitamin B2: 0.26mg (15.39%), Magnesium: 52.32mg (13.08%), Vitamin B1: 0.17mg (11.28%), Vitamin B5: 1.09mg (10.88%), Iron: 1.93mg (10.73%), Zinc: 1.55mg (10.32%), Calcium: 98.73mg (9.87%), Vitamin B6: 0.18mg (8.89%), Folate: 33.75µg (8.44%), Vitamin B12: 0.33µg (5.49%), Vitamin D: 0.67µg (4.47%)