



Peanut Butter Icing

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



145 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 cup creamy peanut butter
- 3.4 oz jell-o vanilla flavor pudding instant
- 1 cup milk cold
- 1 cup cool whip whipped topping thawed

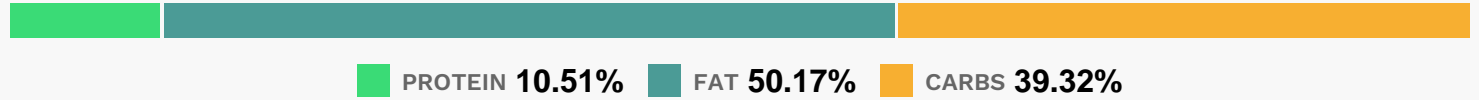
Equipment

- bowl
- whisk

Directions

- Beat pudding mix and milk in medium bowl with whisk 2 min. (Pudding will be thick.)
- Add peanut butter; mix well. Stir in COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:0.75, Inflammation Score:-2, Nutrition Score:3.4673912978691%

Nutrients (% of daily need)

Calories: 144.98kcal (7.25%), Fat: 8.39g (12.91%), Saturated Fat: 2.61g (16.33%), Carbohydrates: 14.8g (4.93%), Net Carbohydrates: 14.12g (5.14%), Sugar: 11.95g (13.27%), Cholesterol: 3.08mg (1.03%), Sodium: 131.22mg (5.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.91%), Manganese: 0.19mg (9.54%), Vitamin B3: 1.75mg (8.74%), Vitamin E: 1.22mg (8.17%), Phosphorus: 74.12mg (7.41%), Magnesium: 25.25mg (6.31%), Calcium: 42.14mg (4.21%), Vitamin B2: 0.07mg (3.9%), Vitamin B6: 0.07mg (3.68%), Potassium: 118.86mg (3.4%), Zinc: 0.44mg (2.91%), Copper: 0.06mg (2.86%), Folate: 11.32µg (2.83%), Fiber: 0.68g (2.71%), Vitamin B12: 0.15µg (2.45%), Vitamin B5: 0.23mg (2.28%), Vitamin B1: 0.03mg (2.2%), Selenium: 1.26µg (1.8%), Vitamin D: 0.27µg (1.79%), Iron: 0.24mg (1.32%)