



Peanut Butter Icing

 Gluten Free

READY IN



10 min.

SERVINGS



20

CALORIES



72 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

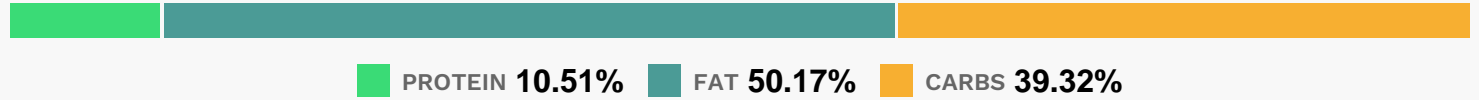
Equipment

- 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:2.6, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:1.7334782578375%

Nutrients (% of daily need)

Calories: 72.49kcal (3.62%), Fat: 4.2g (6.46%), Saturated Fat: 1.31g (8.17%), Carbohydrates: 7.4g (2.47%), Net Carbohydrates: 7.06g (2.57%), Sugar: 5.97g (6.64%), Cholesterol: 1.54mg (0.51%), Sodium: 65.61mg (2.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Manganese: 0.1mg (4.77%), Vitamin B3: 0.87mg (4.37%), Vitamin E: 0.61mg (4.08%), Phosphorus: 37.06mg (3.71%), Magnesium: 12.63mg (3.16%), Calcium: 21.07mg (2.11%), Vitamin B2: 0.03mg (1.95%), Vitamin B6: 0.04mg (1.84%), Potassium: 59.43mg (1.7%), Zinc: 0.22mg (1.46%), Copper: 0.03mg (1.43%), Folate: 5.66µg (1.41%), Fiber: 0.34g (1.35%), Vitamin B12: 0.07µg (1.22%), Vitamin B5: 0.11mg (1.14%), Vitamin B1: 0.02mg (1.1%)