



Pudding Grahamwiches

READY IN



270 min.

SERVINGS



30

CALORIES



94 kcal

Ingredients

- 8 oz philadelphia cream cheese softened
- 20 graham crackers whole (40 squares)
- 1 pkg jell-o pudding instant (4-serving size)
- 2 cups milk cold
- 1 cup cool whip whipped topping thawed

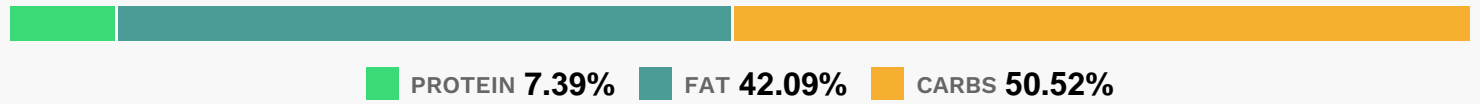
Equipment

- bowl
- plastic wrap
- hand mixer

Directions

- Beat cream cheese in large bowl with electric mixer on medium speed until creamy. Gradually add milk, beating until well blended.
- Add pudding mix; beat 2 minutes. Gently stir in whipped topping.
- Spoon about 1/4 cup of the pudding mixture onto each of 20 graham squares; top with remaining graham squares to form sandwiches. Wrap each sandwich individually in plastic wrap.
- Freeze at least 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:5.43, Inflammation Score:-1, Nutrition Score:1.6082608777544%

Nutrients (% of daily need)

Calories: 93.52kcal (4.68%), Fat: 4.39g (6.76%), Saturated Fat: 2.26g (14.13%), Carbohydrates: 11.87g (3.96%), Net Carbohydrates: 11.53g (4.19%), Sugar: 6.34g (7.05%), Cholesterol: 9.64mg (3.21%), Sodium: 113.55mg (4.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.74g (3.47%), Phosphorus: 45.29mg (4.53%), Vitamin B2: 0.06mg (3.82%), Calcium: 36.65mg (3.66%), Vitamin A: 129.73IU (2.59%), Iron: 0.4mg (2.22%), Vitamin B1: 0.03mg (2.18%), Magnesium: 8.31mg (2.08%), Zinc: 0.29mg (1.92%), Vitamin B3: 0.38mg (1.9%), Vitamin B12: 0.11µg (1.82%), Potassium: 54.06mg (1.54%), Selenium: 1.05µg (1.5%), Fiber: 0.34g (1.35%), Folate: 5.05µg (1.26%), Vitamin B6: 0.02mg (1.2%), Vitamin D: 0.18µg (1.19%), Vitamin B5: 0.1mg (1.04%)