



## Pudding in a Cloud

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



105 kcal

### Ingredients

- 3.9 oz jell-o chocolate flavor pudding instant
- 2 cups milk cold
- 2 cups cool whip whipped topping thawed

### Equipment

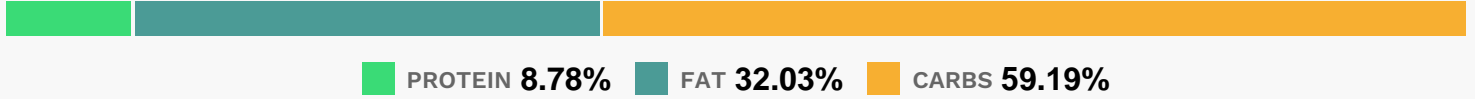
- whisk

### Directions

- Spoon 1/3 cup COOL WHIP onto bottom and up side of each of 6 dessert dishes.

- Beat pudding mix and milk with whisk 2 min.
- Let stand 5 min. Spoon into center of each dish.
- Serve immediately. Or, cover and refrigerate until ready to serve.

## Nutrition Facts



## Properties

Glycemic Index:3.8, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:2.3565217250067%

## Nutrients (% of daily need)

Calories: 104.67kcal (5.23%), Fat: 3.74g (5.75%), Saturated Fat: 2.69g (16.84%), Carbohydrates: 15.54g (5.18%), Net Carbohydrates: 15.14g (5.51%), Sugar: 13.39g (14.88%), Cholesterol: 6.16mg (2.05%), Sodium: 187.34mg (8.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Calcium: 72mg (7.2%), Phosphorus: 68.35mg (6.83%), Vitamin B2: 0.09mg (5.11%), Vitamin B12: 0.29µg (4.89%), Vitamin D: 0.54µg (3.58%), Potassium: 114.44mg (3.27%), Magnesium: 11.88mg (2.97%), Selenium: 1.56µg (2.23%), Manganese: 0.04mg (2.13%), Vitamin B1: 0.03mg (2.1%), Copper: 0.04mg (2.06%), Zinc: 0.28mg (1.89%), Vitamin B5: 0.18mg (1.85%), Vitamin A: 90.16IU (1.8%), Vitamin B6: 0.03mg (1.7%), Fiber: 0.4g (1.59%)