

Pumpkin Fluff

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 Popular

READY IN



45 min.

SERVINGS



5

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 oz butterscotch pudding fat free sugar free instant (I prefer butterscotch)
- ☐ 1 oz pumpkin pie filling/mix pure canned (NOT pumpkin pie filling)
- ☐ 8 oz beer fat free (or)
- ☐ 0.5 cup milk 1%
- ☐ 1.5 tsp pumpkin pie spice

Equipment

Directions

☐ Mix milk and pudding, add pumpkin and spice. Blend until smooth. Fold in whipped topping and chill (will stay good for several days).Or spread over graham crackers and you get a lot more servings.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:2.1378261038791%

Nutrients (% of daily need)

Calories: 42kcal (2.1%), Fat: 0.62g (0.95%), Saturated Fat: 0.26g (1.61%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 5.19g (1.89%), Sugar: 2.7g (3%), Cholesterol: 1.26mg (0.42%), Sodium: 37.71mg (1.64%), Alcohol: 1.41g (100%), Alcohol %: 2.13% (100%), Protein: 1.12g (2.24%), Vitamin A: 518.59IU (10.37%), Manganese: 0.11mg (5.4%), Calcium: 41.29mg (4.13%), Phosphorus: 36.39mg (3.64%), Vitamin B2: 0.05mg (3.13%), Vitamin B12: 0.17µg (2.76%), Fiber: 0.55g (2.18%), Vitamin B6: 0.04mg (2.11%), Potassium: 63.78mg (1.82%), Vitamin B5: 0.18mg (1.76%), Magnesium: 7.04mg (1.76%), Vitamin D: 0.26µg (1.73%), Folate: 5.47µg (1.37%), Vitamin B1: 0.02mg (1.26%), Vitamin B3: 0.24mg (1.21%), Selenium: 0.79µg (1.12%), Iron: 0.18mg (1.01%)