



Pumpkin Fluff Dip

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 15 oz pumpkin canned
- 3.4 oz jell-o vanilla flavor pudding instant
- 1 tsp pumpkin pie spice
- 8 oz cool whip whipped topping thawed

Equipment

- bowl
- whisk

Directions

- Mix pumpkin, dry pudding mix and spice in large bowl with whisk until blended.
- Stir in COOL WHIP.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-10, Nutrition Score:6.6600000340006%

Nutrients (% of daily need)

Calories: 102.37kcal (5.12%), Fat: 3.15g (4.85%), Saturated Fat: 2.64g (16.53%), Carbohydrates: 17.92g (5.97%), Net Carbohydrates: 16.61g (6.04%), Sugar: 14.42g (16.02%), Cholesterol: 0.45mg (0.15%), Sodium: 79.75mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.37%), Vitamin A: 6635.28IU (132.71%), Vitamin K: 7.58µg (7.22%), Fiber: 1.32g (5.26%), Manganese: 0.09mg (4.55%), Vitamin E: 0.57mg (3.78%), Iron: 0.65mg (3.64%), Potassium: 113.56mg (3.24%), Phosphorus: 32.06mg (3.21%), Magnesium: 11.6mg (2.9%), Calcium: 28.8mg (2.88%), Vitamin B2: 0.04mg (2.64%), Copper: 0.05mg (2.53%), Vitamin C: 1.83mg (2.21%), Vitamin B5: 0.17mg (1.7%), Folate: 5.82µg (1.46%), Vitamin B6: 0.03mg (1.45%), Selenium: 0.82µg (1.17%)