



## Pumpkin "Pie" Cup

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



125 kcal

### Ingredients

- 0.1 tsp pumpkin pie spice
- 1 jell-o vanilla pudding snack
- 4 vanilla wafers
- 1 serving cool whip whipped topping (in a can)

### Equipment

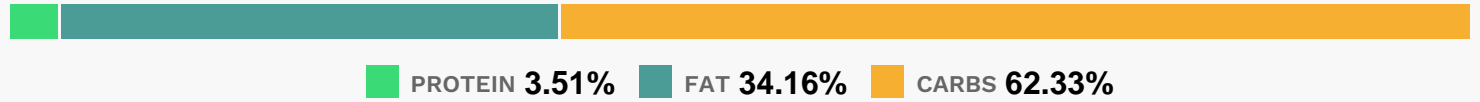
### Directions

- Place wafers in dessert glass.

Mix pudding snack and pumpkin pie spice; spoon over wafers.

Top with 2 Tbsp. COOL WHIP just before serving.

## Nutrition Facts



## Properties

Glycemic Index:77, Glycemic Load:13.25, Inflammation Score:-1, Nutrition Score:1.1339130547384%

## Nutrients (% of daily need)

Calories: 125.48kcal (6.27%), Fat: 4.8g (7.38%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 19.69g (6.56%), Net Carbohydrates: 19.31g (7.02%), Sugar: 9.46g (10.51%), Cholesterol: 0.33mg (0.11%), Sodium: 106.18mg (4.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Vitamin B1: 0.1mg (6.8%), Folate: 21.31µg (5.33%), Vitamin B2: 0.06mg (3.51%), Vitamin B3: 0.63mg (3.17%), Manganese: 0.03mg (1.69%), Fiber: 0.37g (1.49%), Phosphorus: 13.68mg (1.37%)