



Pumpkin-Spiced Mini "Cake" Balls

READY IN



25 min.

SERVINGS



36

CALORIES



1945 kcal

DESSERT

Ingredients

- 0.3 cup chocolate syrup
- 3.4 ounce jell-o vanilla flavor pudding instant
- 0.3 cup milk cold
- 1 teaspoon pumpkin pie spice
- 36 vanilla cake donut holes (1-)
- 1 cup non-dairy whipped topping thawed

Equipment

- bowl

whisk

Directions

- Beat pudding mix, spice and milk with whisk in medium bowl 2 min. Stir in COOL WHIP.
- Cut thin slice off each donut hole; discard.
- Cut donuts in half; fill with pudding mixture. Press each together gently to secure.
- Place, cut-sides down, on plate to serve.
- Drizzle with chocolate.

Nutrition Facts



PROTEIN 4.38% **FAT 8.93%** **CARBS 86.69%**

Properties

Glycemic Index:1.06, Glycemic Load:0.04, Inflammation Score:-7, Nutrition Score:35.603913134369%

Nutrients (% of daily need)

Calories: 1945.41kcal (97.27%), Fat: 19.46g (29.94%), Saturated Fat: 10.39g (64.91%), Carbohydrates: 425.02g (141.67%), Net Carbohydrates: 419.26g (152.46%), Sugar: 221.32g (245.91%), Cholesterol: 0.31mg (0.1%), Sodium: 3603.7mg (156.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.49g (42.98%), Phosphorus: 1748.92mg (174.89%), Calcium: 1137.29mg (113.73%), Folate: 362.02µg (90.5%), Vitamin B1: 1.12mg (74.92%), Vitamin B2: 1.13mg (66.37%), Selenium: 44.61µg (63.73%), Vitamin B3: 12.35mg (61.74%), Iron: 10.14mg (56.34%), Manganese: 1.08mg (53.85%), Vitamin E: 4.51mg (30.07%), Fiber: 5.77g (23.06%), Copper: 0.43mg (21.52%), Zinc: 2.41mg (16.04%), Vitamin B5: 1.53mg (15.29%), Magnesium: 58.72mg (14.68%), Vitamin K: 14.06µg (13.39%), Potassium: 331.6mg (9.47%), Vitamin B6: 0.15mg (7.35%)