



Quick Fluffy Frosting

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



59 kcal

FROSTING

ICING

Ingredients

- 1 pkg jell-o pudding instant (4-serving size)
- 1.5 cups milk cold
- 1 env. dream whip whipped topping mix

Equipment

- bowl
- blender

Directions

- Beat milk, whipped topping mix and pudding mix in deep narrow-bottom bowl with mixer on low speed until blended.
- Beat on high 4 to 6 min. or until mixture forms soft peaks.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.65, Inflammation Score:-1, Nutrition Score:1.2239130443853%

Nutrients (% of daily need)

Calories: 58.57kcal (2.93%), Fat: 1.22g (1.88%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 10.65g (3.87%), Sugar: 9.4g (10.45%), Cholesterol: 4.39mg (1.46%), Sodium: 74.94mg (3.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Calcium: 45.57mg (4.56%), Phosphorus: 37.23mg (3.72%), Vitamin B12: 0.2µg (3.3%), Vitamin B2: 0.05mg (3.05%), Vitamin D: 0.4µg (2.68%), Potassium: 56.92mg (1.63%), Vitamin B1: 0.02mg (1.37%), Vitamin B5: 0.14mg (1.37%), Vitamin A: 59.37IU (1.19%), Selenium: 0.78µg (1.12%), Vitamin B6: 0.02mg (1.12%), Magnesium: 4.4mg (1.1%), Zinc: 0.15mg (1.01%)