



Quick Pudding Treat

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



88 kcal

Ingredients

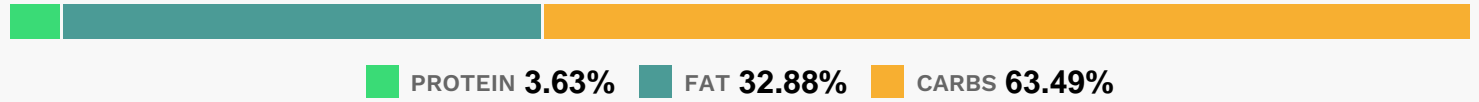
- 1 Tbsp chunky applesauce
- 1 dash ground cinnamon
- 1 jell-o vanilla pudding snack
- 2 vanilla wafers divided
- 2 Tbsp cool whip whipped topping thawed

Equipment

Directions

- Coarsely crush 1 of the wafers.
- Stir into pudding snack with the applesauce and cinnamon.
- Top with the whipped topping and remaining wafer.

Nutrition Facts



Properties

Glycemic Index:82, Glycemic Load:6.64, Inflammation Score:-1, Nutrition Score:1.3852173961375%

Flavonoids

Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg, Epicatechin: 0.81mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 88.16kcal (4.41%), Fat: 3.3g (5.07%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 13.46g (4.9%), Sugar: 8.14g (9.04%), Cholesterol: 0.3mg (0.1%), Sodium: 61.47mg (2.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Manganese: 0.18mg (8.92%), Vitamin B1: 0.06mg (3.75%), Fiber: 0.87g (3.48%), Folate: 11.34µg (2.84%), Vitamin B2: 0.04mg (2.4%), Vitamin B3: 0.35mg (1.73%), Calcium: 17.06mg (1.71%), Phosphorus: 13.11mg (1.31%)