



Reduced-Sugar Hot Cocoa Pudding Mugs

READY IN



210 min.

SERVINGS



30

CALORIES



34 kcal

Ingredients

- 2.5 cups milk fat-free divided
- 0.5 oz env. knox gelatine unflavored
- 1.4 oz jell-o chocolate flavor pudding fat free sugar free instant
- 12 pretzel twists miniature
- 2 Tbsp vanilla mallow bits jet-puffed
- 1.5 cups cool whip whipped topping sugar free thawed

Equipment

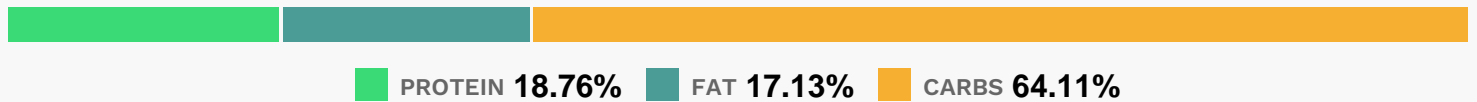
- bowl
- sauce pan

whisk

Directions

- Add 1-1/2 cups milk to dry gelatine in small saucepan; stir.
- Let stand 3 min. or until gelatine is softened. Cook and stir on medium heat 3 min. or until gelatine is completely dissolved.
- Remove from heat. Cool 5 min.
- Beat pudding mix and remaining milk in medium bowl with whisk 2 min. Stir in gelatine mixture. Spoon into 24 shot glasses sprayed with cooking spray. Refrigerate 3 hours or until firm.
- Unmold JIGGLERS onto serving tray just before serving. Insert pretzel half into side of each JIGGLERS for the mug handle. Top each with 1 Tbsp. COOL WHIP and a few MALLOW Bits.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:1.87, Inflammation Score:-1, Nutrition Score:1.162173907232%

Nutrients (% of daily need)

Calories: 33.64kcal (1.68%), Fat: 0.6g (0.93%), Saturated Fat: 0.45g (2.84%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 4.96g (1.8%), Sugar: 2.98g (3.31%), Cholesterol: 0.69mg (0.23%), Sodium: 60.74mg (2.64%), Alcohol: 0.3g (100%), Alcohol %: 1.29% (100%), Protein: 1.49g (2.98%), Calcium: 30.77mg (3.08%), Phosphorus: 28.88mg (2.89%), Vitamin B2: 0.04mg (2.4%), Vitamin B12: 0.13µg (2.1%), Manganese: 0.03mg (1.52%), Vitamin B1: 0.02mg (1.51%), Vitamin D: 0.22µg (1.5%), Potassium: 47.72mg (1.36%), Folate: 5.05µg (1.26%), Selenium: 0.82µg (1.18%), Magnesium: 4.21mg (1.05%)