



## Rocky Road Cups

 Gluten Free

READY IN



70 min.

SERVINGS



12

CALORIES



250 kcal

SIDE DISH

### Ingredients

- 2 pkg chocolate flavor pudding instant (4-serving size each)
- 1 cup marshmallows jet-puffed miniature
- 2 cups milk cold
- 1 cup planters cocktail peanuts
- 4 oz baker's semi-sweet chocolate chopped
- 2 cups cool whip whipped topping thawed

### Equipment

- bowl

whisk

## Directions

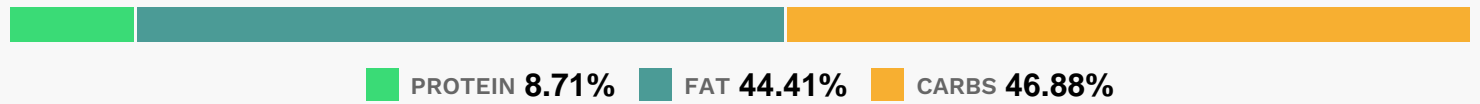
Pour milk into large bowl.

Add dry pudding mixes. Beat with wire whisk 2 min. or until well blended. Gently stir in whipped topping.

Add remaining ingredients; stir gently until well blended. Spoon evenly into 12 dessert cups or dishes.

Refrigerate at least 1 hour before serving. Store leftover desserts in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:9.4, Glycemic Load:2.88, Inflammation Score:-3, Nutrition Score:6.2704347812611%

## Nutrients (% of daily need)

Calories: 250.35kcal (12.52%), Fat: 12.67g (19.49%), Saturated Fat: 5.2g (32.48%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 28.06g (10.2%), Sugar: 23.47g (26.08%), Cholesterol: 5.7mg (1.9%), Sodium: 133.01mg (5.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.13mg (2.71%), Protein: 5.59g (11.18%), Manganese: 0.45mg (22.48%), Phosphorus: 122.75mg (12.28%), Copper: 0.24mg (11.82%), Magnesium: 45.34mg (11.34%), Vitamin B3: 2.08mg (10.38%), Fiber: 2.01g (8.05%), Calcium: 78.58mg (7.86%), Folate: 29.62µg (7.4%), Vitamin B1: 0.11mg (7.36%), Potassium: 221.13mg (6.32%), Iron: 1.11mg (6.15%), Vitamin B2: 0.09mg (5.33%), Zinc: 0.69mg (4.62%), Vitamin B12: 0.26µg (4.36%), Selenium: 2.96µg (4.22%), Vitamin B5: 0.4mg (3.95%), Vitamin B6: 0.07mg (3.65%), Vitamin D: 0.45µg (2.98%), Vitamin A: 79.85IU (1.6%), Vitamin K: 1.2µg (1.15%)