



Rocky Road Fudge Pops

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



110 kcal

DESSERT

Ingredients

- ☐ 0.3 cup roasted peanuts unsalted dry divided coarsely chopped
- ☐ 12 ounce evaporated milk fat-free canned
- ☐ 1 cup milk fat-free
- ☐ 1.4 ounce chocolate pudding mix fat-free sugar-free instant
- ☐ 0.8 cup marshmallows miniature
- ☐ 2 ounces milk chocolate bar sugar-free chopped

Equipment

- ☐ bowl

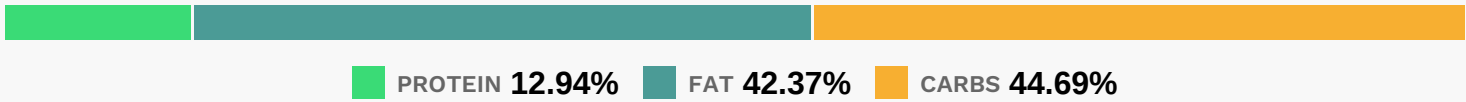
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whisk

Directions

- ☐
- Combine pudding mix and sweetener in a large bowl. Gradually add fat-free milk and evaporated milk, stirring with a whisk until smooth. Stir in marshmallows, chocolate, and 1/4 cup peanuts.
- ☐
- Sprinkle 3 tablespoons peanuts evenly among 12 plastic holders.
- ☐
- Pour pudding mixture into holders, and add sticks. Freeze 3 hours or until firm.
- ☐
- carbo rating: 13

Nutrition Facts



Properties

Glycemic Index:11.36, Glycemic Load:2.97, Inflammation Score:-2, Nutrition Score:3.3539130013922%

Nutrients (% of daily need)

Calories: 109.95kcal (5.5%), Fat: 5.4g (8.3%), Saturated Fat: 2.53g (15.82%), Carbohydrates: 12.81g (4.27%), Net Carbohydrates: 12.17g (4.42%), Sugar: 10.51g (11.67%), Cholesterol: 8.83mg (2.94%), Sodium: 101.75mg (4.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.35mg (1.12%), Protein: 3.71g (7.42%), Calcium: 104.38mg (10.44%), Phosphorus: 100.32mg (10.03%), Vitamin B2: 0.14mg (7.98%), Magnesium: 21.71mg (5.43%), Manganese: 0.1mg (5.16%), Potassium: 161.47mg (4.61%), Zinc: 0.49mg (3.26%), Vitamin B5: 0.3mg (3.02%), Copper: 0.06mg (3.01%), Vitamin B3: 0.57mg (2.85%), Vitamin B12: 0.16µg (2.73%), Fiber: 0.64g (2.58%), Selenium: 1.62µg (2.31%), Vitamin A: 109.41IU (2.19%), Vitamin B6: 0.04mg (2.16%), Vitamin B1: 0.03mg (2.05%), Vitamin D: 0.25µg (1.69%), Iron: 0.28mg (1.58%), Folate: 5.98µg (1.49%), Vitamin E: 0.21mg (1.43%)