



## Rocky Road Parfaits

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



54 kcal

### Ingredients

- 2 cups milk fat-free cold
- 1.4 oz jell-o chocolate flavor pudding fat free sugar free instant
- 12 marshmallows jet-puffed miniature
- 2 Tbsp planters roasted peanuts dry chopped
- 0.5 cup cool whip lite whipped topping thawed

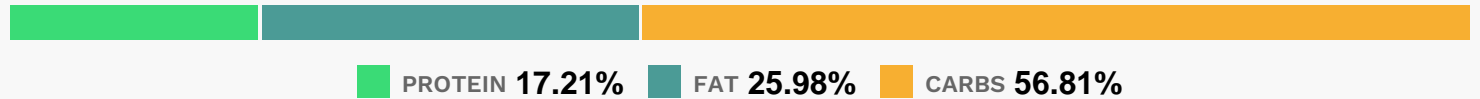
### Equipment

- bowl
- whisk

## Directions

- Beat pudding mix and milk with whisk 2 min. Spoon 3/4 cup into medium bowl; gently stir in COOL WHIP until blended.
- Spoon remaining pudding into 4 (6-oz.) parfait glasses or dessert dishes; top with COOL WHIP mixture. Refrigerate 5 min.
- Top with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:9.38, Glycemic Load:1.21, Inflammation Score:-1, Nutrition Score:2.3373913162428%

## Nutrients (% of daily need)

Calories: 54.47kcal (2.72%), Fat: 1.6g (2.46%), Saturated Fat: 0.64g (3.97%), Carbohydrates: 7.88g (2.63%), Net Carbohydrates: 7.57g (2.75%), Sugar: 6.63g (7.37%), Cholesterol: 1.54mg (0.51%), Sodium: 88.38mg (3.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Calcium: 69mg (6.9%), Phosphorus: 65.39mg (6.54%), Vitamin B12: 0.29µg (4.86%), Vitamin B2: 0.07mg (4.34%), Vitamin D: 0.54µg (3.59%), Potassium: 107.71mg (3.08%), Manganese: 0.06mg (2.89%), Magnesium: 11.51mg (2.88%), Vitamin B1: 0.03mg (2.11%), Vitamin A: 102.74IU (2.05%), Vitamin B5: 0.2mg (2.04%), Zinc: 0.3mg (2.03%), Selenium: 1.37µg (1.96%), Vitamin B6: 0.04mg (1.95%), Vitamin B3: 0.36mg (1.8%), Fiber: 0.31g (1.25%), Copper: 0.02mg (1.24%)