



Rocky Road Pudding Cups

 Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



12 kcal

Ingredients

- 1 vanilla flavor
- 0.5 graham cracker (1 square)
- 8 marshmallows jet-puffed miniature

Equipment

Directions

- Break honey graham into bite-size pieces.
- Stir into pudding cup along with the marshmallows.

Serve immediately.

Nutrition Facts



PROTEIN 3.93% FAT 21.9% CARBS 74.17%

Properties

Glycemic Index:26.9, Glycemic Load:1.3, Inflammation Score:0, Nutrition Score:0.10478260845918%

Nutrients (% of daily need)

Calories: 11.85kcal (0.59%), Fat: 0.29g (0.45%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 2.23g (0.74%), Net Carbohydrates: 2.18g (0.79%), Sugar: 0.97g (1.07%), Cholesterol: 0mg (0%), Sodium: 10.12mg (0.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.12g (0.24%)