



## Sand "Cake"

READY IN



75 min.

SERVINGS



15

CALORIES



484 kcal

## Ingredients

- 9 chewy fruit snacks octopus-shaped
- 9 chewy fruit snacks worm-shaped
- 2 pkg jell-o vanilla flavor pudding instant (4-serving size each)
- 3 cups milk cold
- 35 vanilla wafers
- 8 oz cool whip whipped topping thawed

## Equipment

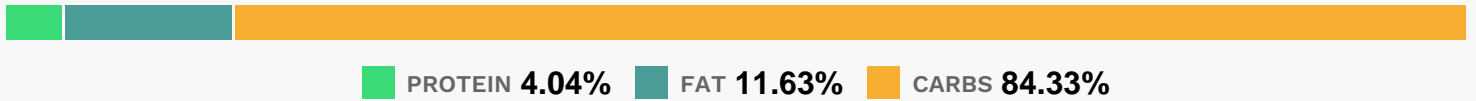
- food processor
- bowl

- whisk
- blender
- ziploc bags
- rolling pin

## Directions

- Crush wafers in large sealable plastic bag with rolling pin. (Or, process in food processor or blender until finely crushed.)
- Pour milk into large bowl.
- Add dry pudding mixes. Beat with wire whisk 2 minutes or until well blended.
- Let stand 5 minutes. Gently stir in whipped topping and half of the crushed wafers. Spoon into 13x9-inch dish; sprinkle with remaining crushed wafers.
- Refrigerate 1 hour or until ready to serve. Decorate with fruit snacks. Store leftover dessert in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:7.67, Glycemic Load:8.6, Inflammation Score:-8, Nutrition Score:11.449130397776%

## Nutrients (% of daily need)

Calories: 484.14kcal (24.21%), Fat: 6.57g (10.11%), Saturated Fat: 3.48g (21.75%), Carbohydrates: 107.16g (35.72%), Net Carbohydrates: 98.25g (35.73%), Sugar: 81.25g (90.27%), Cholesterol: 6.3mg (2.1%), Sodium: 193.99mg (8.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.14g (10.27%), Fiber: 8.91g (35.65%), Vitamin A: 1721.04IU (34.42%), Vitamin K: 25.47µg (24.26%), Copper: 0.41mg (20.48%), Potassium: 583.39mg (16.67%), Vitamin C: 11.88mg (14.4%), Vitamin B2: 0.24mg (14.38%), Phosphorus: 131.41mg (13.14%), Vitamin B3: 2.55mg (12.74%), Vitamin B1: 0.15mg (10.26%), Calcium: 98.4mg (9.84%), Iron: 1.7mg (9.44%), Magnesium: 33.91mg (8.48%), Manganese: 0.15mg (7.44%), Vitamin B6: 0.12mg (5.96%), Folate: 23.57µg (5.89%), Vitamin B12: 0.29µg (4.9%), Zinc: 0.7mg (4.69%), Vitamin B5: 0.4mg (4.03%), Vitamin D: 0.54µg (3.58%), Selenium: 1.41µg (2.01%)