



## Sand Cups

 Vegetarian

READY IN



75 min.

SERVINGS



15

CALORIES



284 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 8 chewy fruit snacks worm-shaped
- 6.8 oz jell-o vanilla flavor pudding instant
- 4 cups milk cold
- 32 vanilla wafers crushed finely

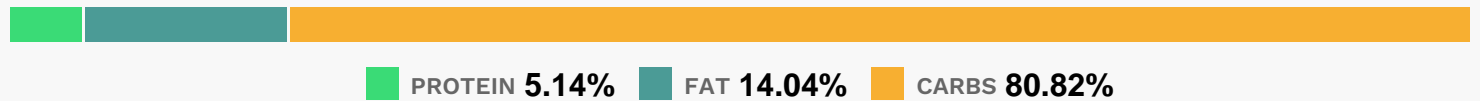
## Equipment

- whisk

## Directions

- Beat pudding mixes and milk with whisk 2 min.
- Let stand 5 min.
- Place 1 Tbsp. wafer crumbs in bottom of each of 8 (6- to 7-oz.) paper or plastic cups; cover with layers of pudding and remaining crumbs.
- Refrigerate 1 hour. Top with fruit snacks before serving.

## Nutrition Facts



## Properties

Glycemic Index:7.67, Glycemic Load:8.22, Inflammation Score:-6, Nutrition Score:6.6465217898721%

## Nutrients (% of daily need)

Calories: 283.68kcal (14.18%), Fat: 4.6g (7.08%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 59.57g (19.86%), Net Carbohydrates: 55.48g (20.17%), Sugar: 44.37g (49.3%), Cholesterol: 7.94mg (2.65%), Sodium: 169.79mg (7.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Vitamin A: 830.21IU (16.6%), Fiber: 4.1g (16.39%), Vitamin K: 11.24µg (10.7%), Vitamin B2: 0.18mg (10.5%), Phosphorus: 100.15mg (10.02%), Potassium: 324.52mg (9.27%), Calcium: 92.67mg (9.27%), Copper: 0.18mg (9.17%), Vitamin B1: 0.12mg (7.93%), Vitamin B3: 1.34mg (6.71%), Vitamin C: 5.28mg (6.4%), Vitamin B12: 0.35µg (5.86%), Magnesium: 19.81mg (4.95%), Vitamin D: 0.72µg (4.77%), Iron: 0.75mg (4.19%), Folate: 16.06µg (4.02%), Vitamin B6: 0.08mg (3.9%), Manganese: 0.07mg (3.42%), Vitamin B5: 0.34mg (3.41%), Zinc: 0.49mg (3.24%), Selenium: 1.35µg (1.93%)