



Sand Cups

READY IN



45 min.

SERVINGS



8

CALORIES



344 kcal

SIDE DISH

Ingredients

- 3.5 ounce vanilla pudding mix instant
- 2 cups milk
- 12 ounce vanilla wafers crushed
- 8 ounce non-dairy whipped topping frozen thawed

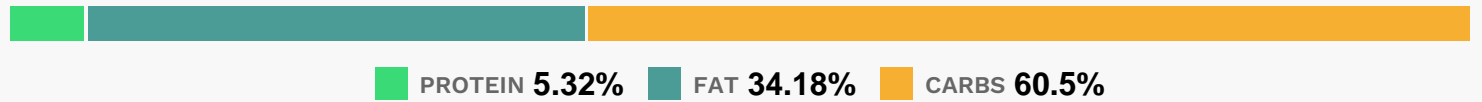
Equipment

- bowl
- whisk

Directions

- In a large bowl, combine milk and pudding mix. Beat with a whisk until well blended.
- Let stand 5 minutes.
- Add whipped topping and half of the crushed cookies and fold in.
- Place 1 Tablespoon crushed cookies into each cup. Fill cups 3/4 full with pudding mixture. Top with remaining crushed cookies. Refrigerate 1 hour. Decorate before serving.
- Suggested Decorations: small paper umbrellas, gummy worms, gummy sharks, candy stars, chopped peanuts.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:24.56, Inflammation Score:-1, Nutrition Score:4.2108695377474%

Nutrients (% of daily need)

Calories: 343.57kcal (17.18%), Fat: 13.11g (20.18%), Saturated Fat: 6.77g (42.33%), Carbohydrates: 52.22g (17.41%), Net Carbohydrates: 51.55g (18.75%), Sugar: 32.9g (36.56%), Cholesterol: 8.31mg (2.77%), Sodium: 293.3mg (12.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Vitamin B1: 0.22mg (14.56%), Vitamin B2: 0.21mg (12.3%), Phosphorus: 100.7mg (10.07%), Calcium: 95.78mg (9.58%), Folate: 38.27µg (9.57%), Vitamin B12: 0.39µg (6.43%), Vitamin B3: 1.2mg (5.99%), Potassium: 158.33mg (4.52%), Vitamin D: 0.67µg (4.47%), Selenium: 1.95µg (2.79%), Fiber: 0.67g (2.68%), Vitamin A: 119.8IU (2.4%), Magnesium: 9.3mg (2.33%), Vitamin B5: 0.23mg (2.28%), Vitamin B6: 0.04mg (2.14%), Zinc: 0.28mg (1.87%), Vitamin E: 0.17mg (1.15%), Vitamin K: 1.09µg (1.04%)