



## Scary Pudding Cups

READY IN



70 min.

SERVINGS



10

CALORIES



127 kcal

### Ingredients

- 6 drops food coloring green
- 1 pkg jell-o vanilla flavor pudding instant (4-serving size)
- 2 cups milk cold
- 8 oreo cookies crushed
- 1 oz baker's semi-sweet chocolate

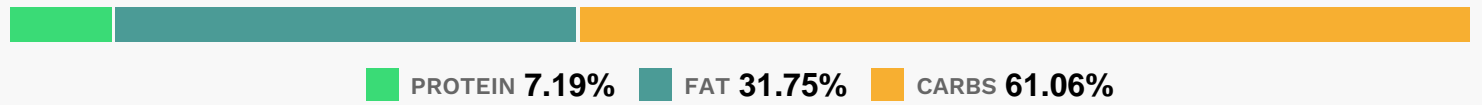
### Equipment

- bowl
- whisk
- microwave

## Directions

- Melt chocolate in microwave as directed on package. Use a clean small paint brush to paint a monster face on the inside of each of four clear 5-oz. plastic cups with the melted chocolate. Refrigerate until ready to use.
- Add milk and food coloring to dry pudding mix in medium bowl. Beat with wire whisk 2 min. or until well blended. Immediately pour into prepared cups.
- Top with the cookie crumbs. Refrigerate at least 1 hour before serving. Store any leftover desserts in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:3.8, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:3.1873912811279%

## Nutrients (% of daily need)

Calories: 126.62kcal (6.33%), Fat: 4.52g (6.95%), Saturated Fat: 2.08g (13.02%), Carbohydrates: 19.56g (6.52%), Net Carbohydrates: 18.99g (6.91%), Sugar: 14.91g (16.57%), Cholesterol: 6.03mg (2.01%), Sodium: 117.04mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.3g (4.61%), Iron: 1.35mg (7.49%), Phosphorus: 65.78mg (6.58%), Calcium: 64.28mg (6.43%), Vitamin B2: 0.09mg (5.46%), Manganese: 0.11mg (5.27%), Vitamin B12: 0.27µg (4.48%), Magnesium: 15.36mg (3.84%), Vitamin D: 0.54µg (3.58%), Copper: 0.07mg (3.5%), Potassium: 113.66mg (3.25%), Vitamin B1: 0.05mg (3.14%), Vitamin K: 2.98µg (2.84%), Selenium: 1.75µg (2.5%), Zinc: 0.35mg (2.32%), Fiber: 0.56g (2.25%), Vitamin B5: 0.22mg (2.19%), Vitamin E: 0.28mg (1.85%), Vitamin B6: 0.03mg (1.65%), Vitamin B3: 0.32mg (1.62%), Vitamin A: 80.67IU (1.61%), Folate: 5.86µg (1.46%)