



## Sugar-Free Frosting

 Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



171 kcal

FROSTING

ICING

## Ingredients

- 8 ounce cream cheese
- 1.4 ounce jell-o vanilla flavor pudding sugar-free instant
- 1.8 cups milk
- 8 ounce non-dairy whipped topping frozen thawed

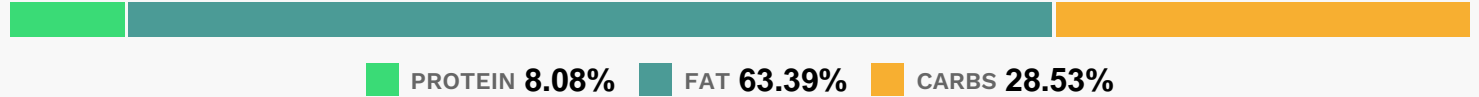
## Equipment

- bowl

## Directions

- In a medium bowl, combine pudding mix and milk.
- Mix well and let stand until thickened.
- In a large bowl, beat cream cheese until smooth.
- Add pudding and mix well. Finally, fold in whipped topping.

## Nutrition Facts



## Properties

Glycemic Index:6.5, Glycemic Load:1.1, Inflammation Score:-3, Nutrition Score:2.9095652255675%

## Nutrients (% of daily need)

Calories: 170.84kcal (8.54%), Fat: 12.16g (18.7%), Saturated Fat: 7.94g (49.64%), Carbohydrates: 12.31g (4.1%), Net Carbohydrates: 12.29g (4.47%), Sugar: 11.41g (12.68%), Cholesterol: 28.48mg (9.49%), Sodium: 128.97mg (5.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.98%), Calcium: 90.82mg (9.08%), Phosphorus: 84.26mg (8.43%), Vitamin A: 390.54IU (7.81%), Vitamin B2: 0.13mg (7.77%), Vitamin B12: 0.33µg (5.43%), Selenium: 3.34µg (4.77%), Potassium: 117.69mg (3.36%), Vitamin D: 0.47µg (3.13%), Vitamin B5: 0.29mg (2.89%), Vitamin B1: 0.03mg (2.24%), Vitamin E: 0.33mg (2.2%), Magnesium: 8.75mg (2.19%), Vitamin B6: 0.04mg (2.16%), Zinc: 0.31mg (2.08%), Vitamin K: 1.33µg (1.27%)