



Sugar-Free Holiday Nog

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



130 kcal

SIDE DISH

Ingredients

- 1 ounce vanilla pudding mix sugar-free instant
- 7 cups skim milk fat-free divided
- 1 teaspoons vanilla extract
- 2 packets sugar substitute
- 1 cup evaporated milk fat-free

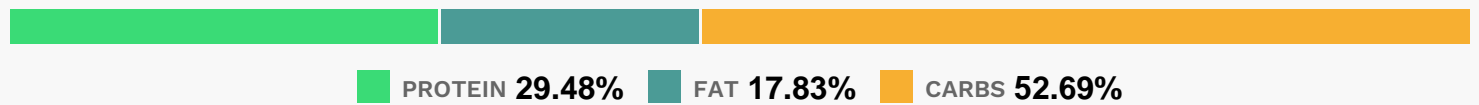
Equipment

- bowl

Directions

- Combine pudding mix, 2 cups of milk, vanilla and sugar substitute in a bowl; mix according to pudding directions.
- Pour into a half-gallon container with a tight-fitting lid.
- Add 3 cups of milk; shake well.
- Add evaporated milk and shake.
- Add remaining 2 cups milk; shake well. Chill.

Nutrition Facts



Properties

Glycemic Index:10.41, Glycemic Load:3.6, Inflammation Score:-4, Nutrition Score:8.8699999866278%

Nutrients (% of daily need)

Calories: 130.35kcal (6.52%), Fat: 2.55g (3.93%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 16.97g (6.17%), Sugar: 14.25g (15.84%), Cholesterol: 15.57mg (5.19%), Sodium: 273.2mg (11.88%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 9.5g (19%), Calcium: 365.24mg (36.52%), Phosphorus: 293.36mg (29.34%), Vitamin B2: 0.38mg (22.4%), Vitamin B12: 1.29µg (21.56%), Vitamin D: 2.39µg (15.93%), Potassium: 454.2mg (12.98%), Vitamin A: 512.61IU (10.25%), Vitamin B5: 0.97mg (9.66%), Vitamin B1: 0.13mg (8.99%), Magnesium: 33.35mg (8.34%), Zinc: 1.21mg (8.05%), Selenium: 5.01µg (7.16%), Vitamin B6: 0.14mg (7.01%), Folate: 6.81µg (1.7%), Vitamin B3: 0.32mg (1.58%)