



Sun in a Cloud

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



161 kcal

SIDE DISH

Ingredients

- 0.5 tsp colored sprinkles
- 24 cinnamon graham crackers
- 1 jell-o vanilla pudding snack
- 1 cup cool whip lite whipped topping thawed

Equipment

Directions

- Use large spoon to spread COOL WHIP onto small plate, indenting center slightly.
- Fill center with pudding; top with sprinkles.
- Insert 8 graham pieces into COOL WHIP.
- Serve with remaining grahams.

Nutrition Facts

 **PROTEIN 6.42%**  **FAT 24.46%**  **CARBS 69.12%**

Properties

Glycemic Index:7.4, Glycemic Load:18.1, Inflammation Score:-1, Nutrition Score:2.5352174108443%

Nutrients (% of daily need)

Calories: 160.7kcal (8.04%), Fat: 4.36g (6.7%), Saturated Fat: 1.38g (8.65%), Carbohydrates: 27.7g (9.23%), Net Carbohydrates: 26.56g (9.66%), Sugar: 9.8g (10.89%), Cholesterol: 0.15mg (0.05%), Sodium: 227.46mg (9.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.15%), Iron: 1.4mg (7.75%), Phosphorus: 73.42mg (7.34%), Vitamin B3: 1.28mg (6.39%), Vitamin B1: 0.08mg (5.21%), Vitamin B2: 0.09mg (5.14%), Magnesium: 20.35mg (5.09%), Fiber: 1.14g (4.57%), Zinc: 0.66mg (4.4%), Folate: 15.68µg (3.92%), Calcium: 31.87mg (3.19%), Potassium: 67.07mg (1.92%), Vitamin B6: 0.04mg (1.75%)