



Zombie Hand Pudding Cups

READY IN



20 min.

SERVINGS



5

CALORIES



421 kcal

DESSERT

Ingredients

- 5 servings gel food coloring green yellow
- 3.9 oz jell-o vanilla flavor pudding instant
- 1 c candy decorations green
- 2 cups milk cold
- 6 vanilla creme-filled chocolate sandwich cookies crushed finely

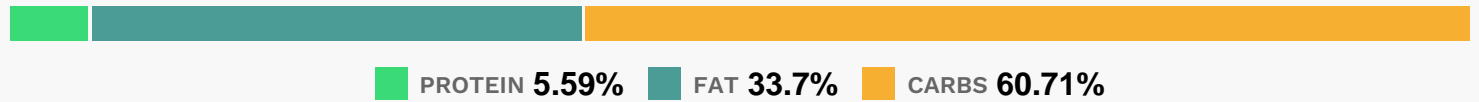
Equipment

- bowl
- whisk

Directions

- ADD several drops of green food coloring (around 5–7 drops) and a few yellow drops of food coloring (around 2–3 drops) to milk to get desired lime green color.
- Whisk until blended.
- BEAT pudding mix and green milk in medium bowl with whisk for 2 minutes.
- POUR pudding into five 6 oz. dessert cups. Refrigerate at least five minutes to set pudding.
- COVER with crushed chocolate sandwich cookies to resemble dirt. Insert candy decorations (such as zombie hand) into top and refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:7.6, Glycemic Load:1.73, Inflammation Score:-2, Nutrition Score:4.743478204893%

Nutrients (% of daily need)

Calories: 420.75kcal (21.04%), Fat: 15.81g (24.32%), Saturated Fat: 8.28g (51.76%), Carbohydrates: 64.07g (21.36%), Net Carbohydrates: 62.6g (22.76%), Sugar: 53.91g (59.91%), Cholesterol: 17.95mg (5.98%), Sodium: 261.66mg (11.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.9g (11.81%), Calcium: 173.3mg (17.33%), Phosphorus: 109.82mg (10.98%), Vitamin B2: 0.17mg (10.15%), Vitamin B12: 0.53µg (8.78%), Vitamin D: 1.07µg (7.16%), Vitamin B1: 0.09mg (6.15%), Fiber: 1.47g (5.89%), Vitamin A: 251.3IU (5.03%), Iron: 0.85mg (4.71%), Potassium: 163.93mg (4.68%), Vitamin B5: 0.42mg (4.21%), Selenium: 2.49µg (3.55%), Magnesium: 13.73mg (3.43%), Vitamin B6: 0.06mg (3.11%), Zinc: 0.46mg (3.08%), Vitamin B3: 0.49mg (2.45%), Manganese: 0.05mg (2.39%), Vitamin E: 0.28mg (1.86%), Folate: 7.2µg (1.8%), Copper: 0.02mg (1.1%)