



Berry Cookie Cloud

READY IN



10 min.

SERVINGS



10

CALORIES



157 kcal

Ingredients

- 20 oreo cookies
- 2 lb strawberries fresh
- 1 cup cool whip whipped topping thawed

Equipment

- bowl

Directions

- Spoon COOL WHP into small bowl; place in center of large plate.
- Serve with cookies and berries as dippers.

Nutrition Facts

PROTEIN 5.08% FAT 32.04% CARBS 62.88%

Properties

Glycemic Index:4, Glycemic Load:2.06, Inflammation Score:-4, Nutrition Score:8.3282609698565%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg, Petunidin: 0.1mg Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg, Delphinidin: 0.28mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 22.54mg, Pelargonidin: 22.54mg, Pelargonidin: 22.54mg, Pelargonidin: 22.54mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 157.19kcal (7.86%), Fat: 5.84g (8.98%), Saturated Fat: 2.22g (13.86%), Carbohydrates: 25.78g (8.59%), Net Carbohydrates: 23.27g (8.46%), Sugar: 15.97g (17.75%), Cholesterol: 0.15mg (0.05%), Sodium: 99.43mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.17%), Vitamin C: 53.34mg (64.66%), Manganese: 0.51mg (25.64%), Iron: 3.28mg (18.24%), Fiber: 2.51g (10.04%), Folate: 36.64µg (9.16%), Vitamin K: 8.81µg (8.39%), Copper: 0.12mg (6.22%), Vitamin E: 0.89mg (5.96%), Magnesium: 23.6mg (5.9%), Potassium: 202.53mg (5.79%), Phosphorus: 49.64mg (4.96%), Vitamin B2: 0.08mg (4.93%), Vitamin B3: 0.98mg (4.91%), Vitamin B1: 0.07mg (4.7%), Selenium: 1.79µg (2.56%), Calcium: 24.88mg (2.49%), Vitamin B6: 0.05mg (2.48%), Zinc: 0.31mg (2.08%), Vitamin B5: 0.19mg (1.85%)