



Black Magic Parfait

READY IN



20 min.

SERVINGS



20

CALORIES



184 kcal

Ingredients

- 2 cups ice-cream chocolate shell
- 1 cup cream sauce hot
- 24 oreo cookies divided
- 2 cups whipped cream
- 1 cup cool whip whipped topping thawed

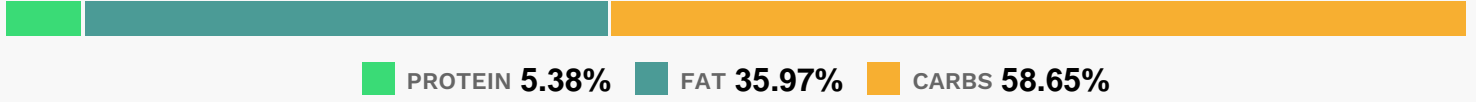
Equipment

Directions

- Finely crush 16 of the cookies; set aside.

- Scoop 1/4 cup chocolate ice cream into each of 8 (6-oz.) parfait glasses; top each with 1Tbsp. each fudge topping and cookie crumbs. Repeat all layers, except use the vanilla ice cream.
- Serve immediately. Or, cover and freeze until ready to serve.
- Top with whipped topping and remaining cookies just before serving.

Nutrition Facts



Properties

Glycemic Index:5.55, Glycemic Load:3.63, Inflammation Score:-2, Nutrition Score:3.8182608906342%

Nutrients (% of daily need)

Calories: 184.25kcal (9.21%), Fat: 7.5g (11.54%), Saturated Fat: 3.64g (22.73%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 26.41g (9.6%), Sugar: 18.19g (20.21%), Cholesterol: 10.52mg (3.51%), Sodium: 131.76mg (5.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.53g (5.05%), Iron: 2.08mg (11.55%), Manganese: 0.17mg (8.68%), Vitamin B2: 0.11mg (6.4%), Copper: 0.12mg (6.11%), Phosphorus: 58.9mg (5.89%), Vitamin E: 0.85mg (5.69%), Magnesium: 20mg (5%), Calcium: 44.42mg (4.44%), Fiber: 1.09g (4.38%), Vitamin K: 4.52µg (4.31%), Potassium: 139.79mg (3.99%), Folate: 12.28µg (3.07%), Vitamin B1: 0.05mg (3.02%), Zinc: 0.4mg (2.69%), Selenium: 1.76µg (2.51%), Vitamin B3: 0.46mg (2.31%), Vitamin A: 113.85IU (2.28%), Vitamin B5: 0.21mg (2.11%), Vitamin B12: 0.11µg (1.77%), Vitamin B6: 0.02mg (1.03%)