



Black & Orange Spook Cups

READY IN



75 min.

SERVINGS



15

CALORIES



180 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 drops food coloring red
- 3 drops food coloring yellow
- 0.3 cup halloween sprinkles
- 1 pkg jell-o chocolate fudge flavor pudding instant (4-serving size)
- 1 pkg jell-o vanilla flavor pudding instant (4-serving size)
- 4 cups milk cold divided
- 10 oreo cookies crushed
- 7 oz plastic cups

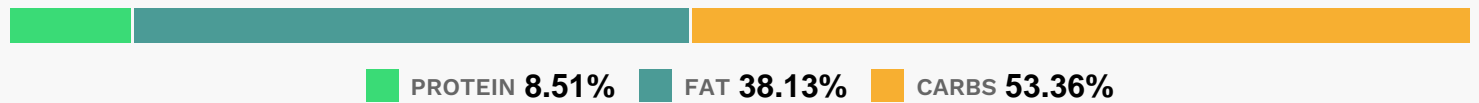
Equipment

- bowl
- whisk

Directions

- Pour 2 cups of the milk into large bowl.
- Add dry chocolate pudding mix. Beat with wire whisk 2 minutes or until well blended. Spoon evenly into the glasses, filling each glass half full; set aside.
- Add remaining 2 cups milk to separate large bowl.
- Add dry vanilla pudding mix. Beat with wire whisk 2 minutes or until well blended. Stir in food coloring until pudding is of desired shade of orange; spoon evenly over chocolate pudding layers. Top with crushed cookies.
- Refrigerate at least 1 hour or until ready to serve. Top with sprinkles.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:1.15, Inflammation Score:-2, Nutrition Score:4.0395651765816%

Nutrients (% of daily need)

Calories: 180.08kcal (9%), Fat: 7.81g (12.02%), Saturated Fat: 3.21g (20.08%), Carbohydrates: 24.6g (8.2%), Net Carbohydrates: 23.85g (8.67%), Sugar: 20.18g (22.42%), Cholesterol: 8.6mg (2.87%), Sodium: 144.59mg (6.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Phosphorus: 94.63mg (9.46%), Calcium: 92.36mg (9.24%), Vitamin B2: 0.12mg (7.31%), Vitamin B12: 0.39µg (6.43%), Iron: 1.13mg (6.3%), Magnesium: 19.8mg (4.95%), Vitamin B1: 0.07mg (4.89%), Vitamin D: 0.72µg (4.77%), Potassium: 163.14mg (4.66%), Vitamin B3: 0.87mg (4.35%), Vitamin B5: 0.35mg (3.49%), Zinc: 0.5mg (3.31%), Copper: 0.06mg (3.04%), Fiber: 0.75g (3%), Manganese: 0.06mg (2.88%), Folate: 11.5µg (2.87%), Vitamin B6: 0.05mg (2.74%), Selenium: 1.9µg (2.71%), Vitamin K: 2.65µg (2.53%), Vitamin A: 112.98IU (2.26%), Vitamin E: 0.25mg (1.67%)