



Boo Cups

READY IN



15 min.

SERVINGS



15

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 7.8 oz jell-o chocolate flavor pudding instant
- 3.3 cups milk cold
- 20 oreo cookies divided crushed
- 0.3 cup semi-sweet chocolate chips miniature
- 8 oz cool whip whipped topping divided thawed

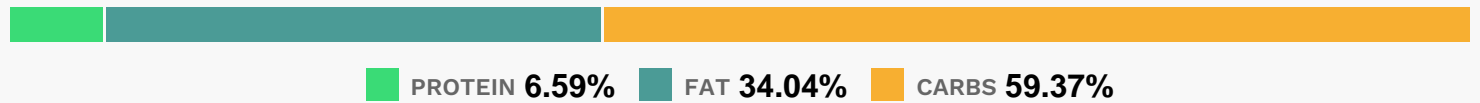
Equipment

- bowl
- whisk

Directions

- Beat pudding mixes and milk in large bowl with whisk 2 min. Stir in half each of the COOL WHIP and cookie crumbs.
- Spoon 1 Tbsp. of the remaining crumbs into each of 15 (6-oz.) plastic cups. Cover with layers of pudding mixture and remaining crumbs.
- Drop remaining COOL WHIP by spoonfuls onto desserts to resemble ghosts.
- Add chocolate chips for the eyes.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.94, Inflammation Score:-2, Nutrition Score:4.9965217528136%

Nutrients (% of daily need)

Calories: 212.44kcal (10.62%), Fat: 8.13g (12.5%), Saturated Fat: 4.36g (27.25%), Carbohydrates: 31.88g (10.63%), Net Carbohydrates: 30.66g (11.15%), Sugar: 23.7g (26.33%), Cholesterol: 6.82mg (2.27%), Sodium: 304.01mg (13.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.34mg (1.45%), Protein: 3.54g (7.08%), Iron: 2.33mg (12.92%), Manganese: 0.2mg (10.17%), Phosphorus: 97.66mg (9.77%), Calcium: 82.7mg (8.27%), Vitamin B2: 0.13mg (7.89%), Copper: 0.14mg (7.2%), Magnesium: 26.69mg (6.67%), Vitamin B12: 0.32µg (5.35%), Potassium: 183.34mg (5.24%), Vitamin K: 5.46µg (5.2%), Fiber: 1.23g (4.91%), Vitamin B1: 0.07mg (4.44%), Selenium: 2.81µg (4.02%), Vitamin D: 0.58µg (3.88%), Vitamin E: 0.52mg (3.5%), Zinc: 0.52mg (3.46%), Vitamin B3: 0.55mg (2.73%), Folate: 10.66µg (2.66%), Vitamin B5: 0.26mg (2.58%), Vitamin B6: 0.04mg (2.09%), Vitamin A: 98.61IU (1.97%)