



WHATSheATE



Chocolate Cookie Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



480 kcal

Ingredients

- ☐ 3 ounce cream cheese softened
- ☐ 5.9 ounce chocolate pudding mix instant
- ☐ 2 cups milk
- ☐ 0.8 cup pecans toasted chopped
- ☐ 2 cups double-stuffed cream-filled chocolate sandwich cookies crushed
- ☐ 8 ounce non-dairy whipped topping frozen thawed

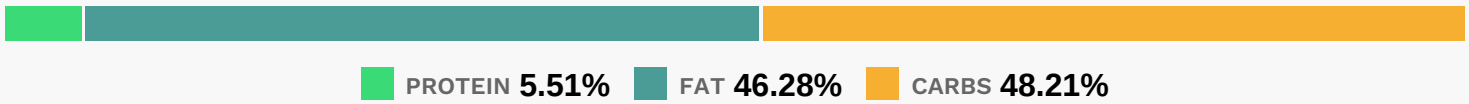
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together chocolate instant pudding mix and 2 cups milk for 2 minutes. Cover pudding, and chill 5 minutes.
- ☐ Stir together cream cheese and whipped topping, blending well.
- ☐ Place 1 cup crushed cookies evenly on bottom of an 8-cup bowl.
- ☐ Spread half of cream cheese mixture over crushed cookies; sprinkle with half of pecans.
- ☐ Spread all of pudding evenly over top; spread remaining cream cheese mixture evenly over pudding.
- ☐ Sprinkle with remaining cookies and pecans. Chill until ready to serve.
- ☐ Note: For testing purposes only, we used Oreo Double Stuf for double-stuffed cream-filled chocolate sandwich cookies.
- ☐ Mocha-Chocolate Cookie Pudding: Crush 16 coffee-flavored cream-filled chocolate sandwich cookies. Stir 2 tablespoons strong brewed coffee into cream cheese mixture. Omit pecans. Proceed as directed.
- ☐ Note: For testing purposes only, we used Double Delight Oreo Coffee 'n Creme for sandwich cookies.
- ☐ Chocolate-Peanut Butter Cookie Pudding: Crush 16 peanut butter cream-filled chocolate sandwich cookies. Substitute 1/4 cup creamy peanut butter for cream cheese and 1 cup chopped dry roasted peanuts for pecans. Proceed as directed.
- ☐ Note: For testing purposes only, we used Double Delight Oreo Peanut Butter & Chocolate for sandwich cookies.

Nutrition Facts



Properties

Glycemic Index:9.38, Glycemic Load:1.28, Inflammation Score:-4, Nutrition Score:8.8026085580173%

Flavonoids

Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg, Cyanidin: 1.1mg Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg, Delphinidin: 0.74mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg

Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg, Epigallocatechin 3–gallate: 0.23mg

Nutrients (% of daily need)

Calories: 480.15kcal (24.01%), Fat: 25.08g (38.58%), Saturated Fat: 8.48g (53.01%), Carbohydrates: 58.76g (19.59%), Net Carbohydrates: 56.43g (20.52%), Sugar: 40.34g (44.82%), Cholesterol: 18.62mg (6.21%), Sodium: 530.95mg (23.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.72g (13.45%), Manganese: 0.66mg (32.85%), Phosphorus: 167.32mg (16.73%), Vitamin B2: 0.26mg (15.07%), Vitamin B1: 0.22mg (14.41%), Calcium: 125.93mg (12.59%), Copper: 0.25mg (12.38%), Magnesium: 37.63mg (9.41%), Fiber: 2.33g (9.33%), Iron: 1.45mg (8.07%), Potassium: 261.81mg (7.48%), Zinc: 1.08mg (7.23%), Vitamin E: 1.06mg (7.08%), Selenium: 4.86µg (6.95%), Vitamin B12: 0.41µg (6.82%), Vitamin B3: 1.35mg (6.73%), Folate: 24.68µg (6.17%), Vitamin B5: 0.54mg (5.39%), Vitamin A: 268.3IU (5.37%), Vitamin D: 0.67µg (4.47%), Vitamin B6: 0.08mg (4%), Vitamin K: 3.98µg (3.79%)