



## Chocolate-Peanut Butter Cookie Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



531 kcal

### Ingredients

- 0.3 cup creamy peanut butter
- 1 cup roasted peanuts dry chopped
- 5.9 ounce chocolate pudding mix instant
- 2 cups milk
- 2 cups peanut butter cream-filled chocolate sandwich cookies crushed
- 8 ounce non-dairy whipped topping frozen thawed

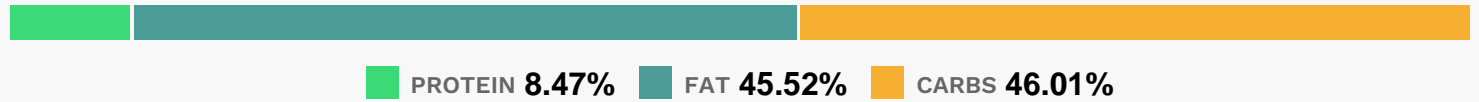
### Equipment

- bowl
- whisk

## Directions

- Whisk together chocolate instant pudding mix and 2 cups milk for 2 minutes. Cover pudding, and chill 5 minutes.
- Stir together peanut butter and whipped topping, blending well.
- Place 1 cup crushed cookies evenly on bottom of an 8-cup bowl.
- Spread half of peanut butter mixture over crushed cookies; sprinkle with half of peanuts.
- Spread all of pudding evenly over top; spread remaining peanut butter mixture evenly over pudding.
- Sprinkle with remaining cookies and peanuts. Chill until ready to serve.
- Note: For testing purposes only, we used Double Delight Oreo Peanut Butter & Chocolate for sandwich cookies.

## Nutrition Facts



## Properties

Glycemic Index:6.5, Glycemic Load:1.28, Inflammation Score:-4, Nutrition Score:11.446521727935%

## Nutrients (% of daily need)

Calories: 530.53kcal (26.53%), Fat: 27.5g (42.31%), Saturated Fat: 7.96g (49.78%), Carbohydrates: 62.55g (20.85%), Net Carbohydrates: 59.23g (21.54%), Sugar: 41.3g (45.89%), Cholesterol: 7.89mg (2.63%), Sodium: 609.03mg (26.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.52g (23.04%), Manganese: 0.7mg (35.24%), Vitamin B3: 4.99mg (24.95%), Phosphorus: 223.04mg (22.3%), Magnesium: 71.31mg (17.83%), Vitamin E: 2.49mg (16.57%), Vitamin B2: 0.27mg (15.93%), Fiber: 3.31g (13.26%), Vitamin B1: 0.19mg (12.4%), Calcium: 123.29mg (12.33%), Copper: 0.24mg (11.86%), Folate: 46.6µg (11.65%), Potassium: 370.22mg (10.58%), Iron: 1.62mg (8.99%), Vitamin B6: 0.18mg (8.79%), Zinc: 1.29mg (8.61%), Selenium: 5.64µg (8.05%), Vitamin B5: 0.74mg (7.37%), Vitamin B12: 0.39µg (6.43%), Vitamin D: 0.67µg (4.47%), Vitamin K: 3.43µg (3.26%), Vitamin A: 119.8IU (2.4%)