



## Cookie Salad II

READY IN



20 min.

SERVINGS



8

CALORIES



625 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 pint buttermilk
- 20 ounce chocolate sandwich cookies crushed
- 6.8 ounce vanilla pudding mix instant
- 22 ounce mandarin orange segments drained canned
- 16 ounces non-dairy whipped topping frozen thawed

## Equipment

- bowl

## Directions

In a large bowl, mix together the pudding mix, buttermilk and whipped topping. Cover and refrigerate until serving. Just before serving, fold in the oranges and cookie crumbs.

## Nutrition Facts



## Properties

Glycemic Index:9.13, Glycemic Load:4.66, Inflammation Score:-7, Nutrition Score:14.680869558583%

## Flavonoids

Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg, Naringenin: 7.81mg

## Nutrients (% of daily need)

Calories: 625.18kcal (31.26%), Fat: 23.26g (35.79%), Saturated Fat: 11.59g (72.42%), Carbohydrates: 99.49g (33.16%), Net Carbohydrates: 95.88g (34.87%), Sugar: 72.5g (80.55%), Cholesterol: 7.64mg (2.55%), Sodium: 532.49mg (23.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.54mg (1.18%), Protein: 8g (15.99%), Iron: 8.79mg (48.81%), Manganese: 0.52mg (25.76%), Vitamin C: 20.82mg (25.23%), Vitamin B2: 0.35mg (20.74%), Vitamin K: 21.41µg (20.39%), Phosphorus: 174.22mg (17.42%), Calcium: 153.21mg (15.32%), Folate: 60.37µg (15.09%), Vitamin B1: 0.22mg (14.93%), Vitamin E: 2.23mg (14.88%), Copper: 0.29mg (14.75%), Fiber: 3.6g (14.41%), Vitamin A: 671.88IU (13.44%), Magnesium: 52.55mg (13.14%), Potassium: 437.19mg (12.49%), Vitamin B3: 2.25mg (11.23%), Selenium: 7.53µg (10.76%), Vitamin B12: 0.39µg (6.42%), Vitamin B5: 0.61mg (6.06%), Zinc: 0.87mg (5.77%), Vitamin B6: 0.11mg (5.49%), Vitamin D: 0.77µg (5.13%)