



Cookies and Cream Bars

READY IN



210 min.

SERVINGS



36

CALORIES



177 kcal

DESSERT

Ingredients

- 17.5 oz sugar cookie mix
- 0.5 cup butter softened
- 1 eggs
- 6.2 oz chocolate white with chocolate cookie bits, unwrapped, chopped
- 12 oz vanilla frosting
- 8 oz non-dairy whipped topping frozen with real cream, thawed
- 12 crème-filled chocolate sandwich cookies chopped

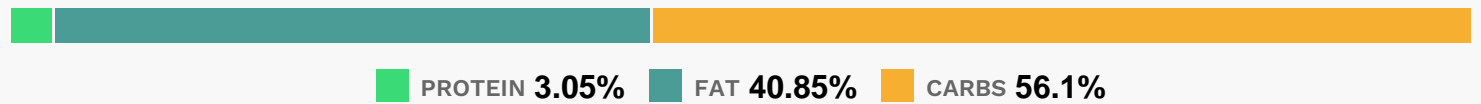
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350°F. Spray bottom and sides of 13x9-inch pan with cooking spray. In large bowl, stir cookie mix, butter and egg until soft dough forms. Stir in chopped candy bars. Press dough in bottom of pan.
- Bake 15 to 18 minutes or until light golden brown. Cool completely, about 1 hour.
- In large bowl, combine frosting and whipped topping until well blended. Reserve 1/4 cup chopped cookies. Gently stir the remaining chopped cookies into frosting mixture until well blended.
- Spread over cookie crust.
- Sprinkle reserved cookies over frosting layer. Refrigerate about 2 hours or until chilled. For bars, cut into 6 rows by 6 rows. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.14, Glycemic Load:4.78, Inflammation Score:-1, Nutrition Score:1.4091304466128%

Nutrients (% of daily need)

Calories: 177.05kcal (8.85%), Fat: 8.09g (12.44%), Saturated Fat: 2.73g (17.07%), Carbohydrates: 24.99g (8.33%), Net Carbohydrates: 24.86g (9.04%), Sugar: 18.36g (20.4%), Cholesterol: 5.7mg (1.9%), Sodium: 112.68mg (4.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin B2: 0.07mg (4.05%), Iron: 0.59mg (3.27%), Vitamin E: 0.43mg (2.88%), Vitamin K: 2.97µg (2.83%), Vitamin A: 125.58IU (2.51%), Phosphorus: 21.82mg (2.18%), Calcium: 16.94mg (1.69%), Folate: 6.54µg (1.63%), Vitamin B1: 0.02mg (1.48%), Manganese: 0.03mg (1.39%), Selenium: 0.96µg (1.38%), Vitamin B3: 0.22mg (1.12%), Potassium: 35.91mg (1.03%)