



## Cookies and Cream Dessert

READY IN



45 min.

SERVINGS



9

CALORIES



159 kcal

DESSERT

### Ingredients

- ☐ 14 chocolate sandwich cookies sugar-free crumbled (such as Murray)
- ☐ 0.3 cup hot-brewed coffee brewed
- ☐ 1 ounce milk chocolate bar sugar-free melted
- ☐ 12 ounce non-dairy whipped topping fat-free frozen thawed

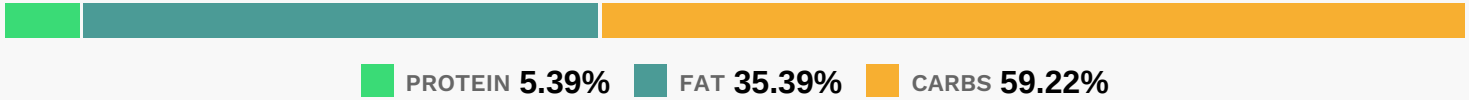
### Equipment

- ☐ baking pan

### Directions

- ☐
- Combine coffee, sweetener, and melted chocolate, stirring well to combine.
- ☐
- Add coffee mixture to whipped topping, stirring well. Fold crumbled cookies into whipped topping, reserving about 1/4 cup crumbled cookies.
- ☐
- Spoon whipped topping mixture into an 8-inch square baking pan.
- ☐
- Sprinkle with reserved crumbled cookies. Cover and freeze until firm.
- ☐
- Cut into squares.
- ☐
- carbo rating: 23

## Nutrition Facts



## Properties

Glycemic Index:4.73, Glycemic Load:0.74, Inflammation Score:-1, Nutrition Score:4.4795652627945%

## Nutrients (% of daily need)

Calories: 158.97kcal (7.95%), Fat: 6.53g (10.05%), Saturated Fat: 2.77g (17.32%), Carbohydrates: 24.61g (8.2%), Net Carbohydrates: 23.74g (8.63%), Sugar: 15.27g (16.96%), Cholesterol: 6.05mg (2.02%), Sodium: 100.28mg (4.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.65mg (1.88%), Protein: 2.24g (4.47%), Vitamin B2: 0.29mg (17.12%), Iron: 2.36mg (13.1%), Vitamin B12: 0.56µg (9.32%), Manganese: 0.14mg (7.18%), Vitamin B1: 0.09mg (6.28%), Vitamin K: 5.43µg (5.17%), Phosphorus: 47.89mg (4.79%), Calcium: 45.63mg (4.56%), Folate: 18.04µg (4.51%), Copper: 0.09mg (4.39%), Magnesium: 15.55mg (3.89%), Fiber: 0.87g (3.46%), Vitamin E: 0.5mg (3.36%), Vitamin B3: 0.66mg (3.28%), Selenium: 2.19µg (3.13%), Potassium: 96.86mg (2.77%), Vitamin B6: 0.05mg (2.61%), Zinc: 0.3mg (2.03%), Vitamin A: 66.52IU (1.33%)