



Cookies and Cream Popcorn



Vegetarian



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



435 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



12 oreo cookies crushed



0.3 cup popcorn kernels



6 ounces chocolate white melted

Equipment

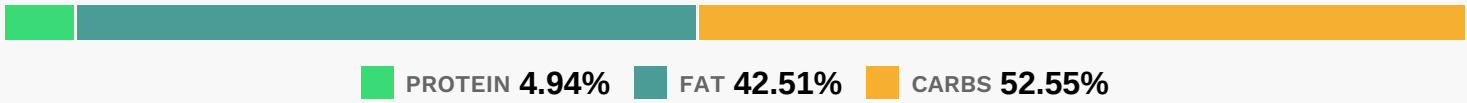


baking sheet

Directions

Mix the popcorn, crumbled cookies and melted chocolate until well combined, spread the mixture out on a baking sheet and let sit until the chocolate has set. (Tip: Chill in the fridge if you want the chocolate to set faster.)Break any large clumps up and enjoy!

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:17.56, Inflammation Score:-2, Nutrition Score:7.87695650562%

Nutrients (% of daily need)

Calories: 434.68kcal (21.73%), Fat: 20.97g (32.26%), Saturated Fat: 10.35g (64.68%), Carbohydrates: 58.32g (19.44%), Net Carbohydrates: 55.89g (20.32%), Sugar: 39.83g (44.26%), Cholesterol: 8.93mg (2.98%), Sodium: 178.67mg (7.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.49g (10.97%), Iron: 4.77mg (26.5%), Manganese: 0.35mg (17.31%), Phosphorus: 138.97mg (13.9%), Vitamin K: 13.73µg (13.08%), Vitamin B2: 0.21mg (12.38%), Fiber: 2.43g (9.72%), Calcium: 92.7mg (9.27%), Vitamin E: 1.32mg (8.82%), Vitamin B1: 0.13mg (8.68%), Magnesium: 34.63mg (8.66%), Copper: 0.17mg (8.46%), Folate: 31.29µg (7.82%), Vitamin B3: 1.42mg (7.08%), Potassium: 233.94mg (6.68%), Zinc: 0.86mg (5.75%), Selenium: 3.79µg (5.41%), Vitamin B5: 0.41mg (4.07%), Vitamin B12: 0.24µg (3.97%), Vitamin B6: 0.06mg (3.08%)