



Cookies and Cream Popsicles



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



202 kcal

DESSERT

Ingredients

- ☐ 0.5 cup milk fat free
- ☐ 1 cup heavy cream
- ☐ 4 oreos
- ☐ 3 tbsp sugar

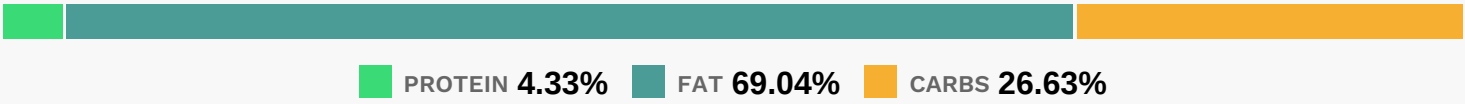
Equipment

- ☐ blender

Directions

- ☐
- Blend everything in a blender for a few seconds until combined.
- ☐
- Pour into prepare ice molds and freeze. To remove ice pops from molds, run molds under warm water to loosen.

Nutrition Facts



Properties

Glycemic Index:17.22, Glycemic Load:4.52, Inflammation Score:-4, Nutrition Score:3.2830434713675%

Nutrients (% of daily need)

Calories: 202.03kcal (10.1%), Fat: 15.88g (24.44%), Saturated Fat: 9.59g (59.91%), Carbohydrates: 13.78g (4.59%), Net Carbohydrates: 13.55g (4.93%), Sugar: 11.43g (12.7%), Cholesterol: 45.44mg (15.15%), Sodium: 50.18mg (2.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.49%), Vitamin A: 624.91IU (12.5%), Vitamin B2: 0.12mg (7.15%), Vitamin D: 0.86µg (5.73%), Iron: 1.01mg (5.61%), Calcium: 54.87mg (5.49%), Phosphorus: 52.29mg (5.23%), Vitamin E: 0.56mg (3.75%), Vitamin K: 3.46µg (3.3%), Vitamin B12: 0.18µg (3.03%), Selenium: 2.05µg (2.93%), Manganese: 0.06mg (2.77%), Potassium: 90.62mg (2.59%), Vitamin B1: 0.04mg (2.34%), Magnesium: 8.99mg (2.25%), Vitamin B5: 0.2mg (1.98%), Folate: 6.88µg (1.72%), Zinc: 0.25mg (1.65%), Copper: 0.03mg (1.6%), Vitamin B6: 0.03mg (1.38%), Vitamin B3: 0.26mg (1.29%)