



Cookies & Cream Freeze

 Popular

READY IN



210 min.

SERVINGS



12

CALORIES



245 kcal

DESSERT

Ingredients

- 8 oz philadelphia cream cheese softened
- 14 oreo cookies divided
- 4 oz baker's semi-sweet chocolate melted
- 0.3 cup sugar
- 0.5 tsp vanilla
- 8 oz cool whip whipped topping thawed

Equipment

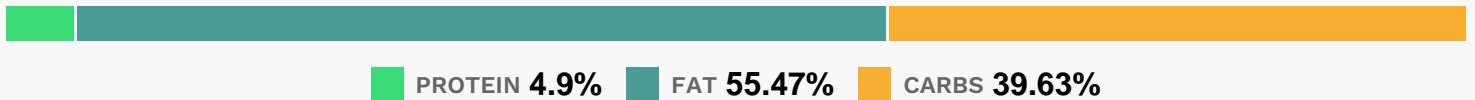
- bowl

- frying pan
- blender
- loaf pan
- aluminum foil

Directions

- Line 8x4-inch loaf pan with foil, with ends of foil extending over sides. Cover bottom of pan with 8 cookies. Crumble remaining cookies.
- Beat cream cheese, sugar and vanilla in medium bowl with mixer until well blended. Stir in COOL WHIP. Spoon 1-1/2 cups cream cheese mixture into medium bowl; stir in melted chocolate.
- Spread remaining cream cheese mixture over cookies in pan.
- Sprinkle with crumbled cookies; press gently into cream cheese mixture with back of spoon. Top with chocolate mixture. Freeze 3 hours or until firm.
- Remove dessert from freezer 15 min. before serving; invert onto plate. Discard foil.
- Let dessert stand at room temperature to soften slightly before cutting to serve.

Nutrition Facts



Properties

Glycemic Index:8.09, Glycemic Load:3.19, Inflammation Score:-3, Nutrition Score:4.3552174101705%

Nutrients (% of daily need)

Calories: 244.7kcal (12.24%), Fat: 15.28g (23.52%), Saturated Fat: 8.83g (55.16%), Carbohydrates: 24.57g (8.19%), Net Carbohydrates: 23.41g (8.51%), Sugar: 18.52g (20.58%), Cholesterol: 20.03mg (6.68%), Sodium: 128.28mg (5.58%), Alcohol: 0.06g (100%), Alcohol %: 0.12% (100%), Caffeine: 8.83mg (2.94%), Protein: 3.04g (6.07%), Iron: 2.33mg (12.96%), Manganese: 0.22mg (11.14%), Copper: 0.17mg (8.52%), Phosphorus: 71.81mg (7.18%), Magnesium: 26.26mg (6.56%), Vitamin B2: 0.1mg (5.85%), Vitamin A: 272.81IU (5.46%), Vitamin K: 5.52µg (5.26%), Selenium: 3.63µg (5.18%), Fiber: 1.16g (4.65%), Vitamin E: 0.66mg (4.39%), Calcium: 40.61mg (4.06%), Potassium: 130.72mg (3.73%), Zinc: 0.47mg (3.12%), Folate: 10.81µg (2.7%), Vitamin B1: 0.04mg (2.58%), Vitamin B3: 0.48mg (2.4%), Vitamin B5: 0.18mg (1.78%), Vitamin B12: 0.1µg (1.61%), Vitamin B6: 0.02mg (1.04%)