



## Cookies & Cream Snowman Dessert

READY IN



1455 min.

SERVINGS



15

CALORIES



176 kcal

### Ingredients

- 1 pieces decorations: 1 baby carrot and licorice
- 3.9 oz jell-o chocolate flavor pudding instant
- 2 cups milk cold
- 30 oreo cookies divided
- 1.5 cups cool whip whipped topping thawed

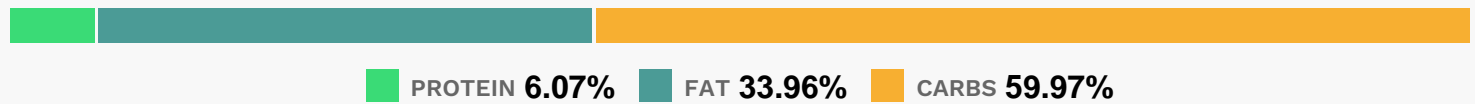
### Equipment

- frying pan
- whisk
- plastic wrap

## Directions

- Beat pudding mix and milk with whisk 2 min.
- Let stand 5 min. or until thickened.
- Line 8-inch round pan with plastic wrap. Arrange 14 cookies on bottom of pan, cutting to fit if necessary; cover with 1 cup pudding. Repeat layers. Cover with plastic wrap. Refrigerate 24 hours.
- Uncover dessert. Invert onto serving plate; remove plastic wrap. Frost dessert with COOL WHIP.
- Add remaining cookies for the eyes, carrot for the nose and licorice pieces for the mouth.

## Nutrition Facts



## Properties

Glycemic Index:5.66, Glycemic Load:0.58, Inflammation Score:-2, Nutrition Score:4.3926087566044%

## Nutrients (% of daily need)

Calories: 175.57kcal (8.78%), Fat: 6.75g (10.38%), Saturated Fat: 2.87g (17.93%), Carbohydrates: 26.81g (8.94%), Net Carbohydrates: 25.85g (9.4%), Sugar: 18.11g (20.12%), Cholesterol: 4.05mg (1.35%), Sodium: 216.26mg (9.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.43%), Iron: 3.01mg (16.7%), Manganese: 0.19mg (9.56%), Vitamin K: 7.03µg (6.7%), Vitamin B2: 0.11mg (6.64%), Phosphorus: 66.06mg (6.61%), Copper: 0.11mg (5.37%), Calcium: 51.29mg (5.13%), Magnesium: 19.03mg (4.76%), Vitamin B1: 0.07mg (4.52%), Vitamin E: 0.65mg (4.35%), Fiber: 0.96g (3.85%), Folate: 15.1µg (3.77%), Potassium: 130.14mg (3.72%), Vitamin B3: 0.68mg (3.42%), Selenium: 2.23µg (3.19%), Vitamin B12: 0.19µg (3.18%), Zinc: 0.36mg (2.43%), Vitamin D: 0.36µg (2.39%), Vitamin B5: 0.2mg (1.95%), Vitamin A: 69.87IU (1.4%), Vitamin B6: 0.03mg (1.39%)