



Cookies & Creme Pudding Pops

READY IN



310 min.

SERVINGS



10

CALORIES



113 kcal

Ingredients

- 3.9 oz jell-o chocolate flavor pudding instant
- 2 cups milk
- 6 oreo cookies crushed
- 0.5 cup cool whip whipped topping thawed

Equipment

- bowl
- whisk

Directions

- Beat pudding mix and milk in large bowl with whisk 2 min.
- Add cookie crumbs and COOL WHIP; stir just until blended.
- Spoon into 9 (3-oz.) paper or plastic cups. Insert wooden pop stick or plastic spoon into center of each for handle.
- Freeze 5 hours or until firm.
- Remove frozen pops from cups just before serving.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.87, Inflammation Score:-1, Nutrition Score:2.9969565609227%

Nutrients (% of daily need)

Calories: 112.88kcal (5.64%), Fat: 3.64g (5.6%), Saturated Fat: 1.83g (11.43%), Carbohydrates: 17.99g (6%), Net Carbohydrates: 17.39g (6.32%), Sugar: 13.67g (15.18%), Cholesterol: 5.93mg (1.98%), Sodium: 207.17mg (9.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.69%), Phosphorus: 66.72mg (6.67%), Calcium: 65.53mg (6.55%), Iron: 1.02mg (5.65%), Vitamin B2: 0.09mg (5.53%), Manganese: 0.09mg (4.57%), Vitamin B12: 0.27µg (4.52%), Magnesium: 14.48mg (3.62%), Vitamin D: 0.54µg (3.58%), Potassium: 119.93mg (3.43%), Copper: 0.06mg (3.2%), Vitamin B1: 0.04mg (2.89%), Fiber: 0.61g (2.43%), Selenium: 1.67µg (2.38%), Vitamin K: 2.4µg (2.29%), Zinc: 0.33mg (2.17%), Vitamin B5: 0.21mg (2.06%), Vitamin B6: 0.03mg (1.68%), Vitamin A: 81.97IU (1.64%), Vitamin E: 0.23mg (1.52%), Vitamin B3: 0.27mg (1.34%), Folate: 4.84µg (1.21%)