



## Cookies & Milk Dessert

READY IN



195 min.

SERVINGS



15

CALORIES



169 kcal

BEVERAGE

DRINK

### Ingredients

- 27 chocolate chip cookie mix divided (2 inch)
- 3.9 oz jell-o chocolate flavor pudding instant
- 0.8 cup milk cold
- 8 oz cool whip whipped topping thawed

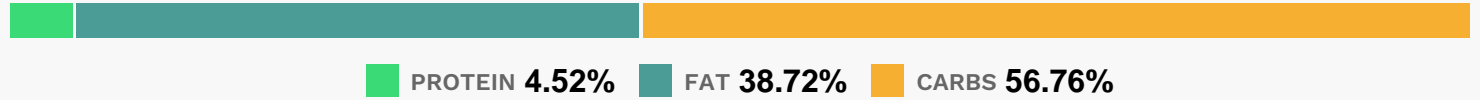
### Equipment

- bowl
- whisk

## Directions

- Beat milk and pudding mix in large bowl with whisk 2 min. Stir in COOL WHIP.
- Arrange 9 cookies on bottom of 8-inch square dish; top with 1/3 of pudding mixture. Repeat layers 2 times; cover.
- Refrigerate several hours or overnight.

## Nutrition Facts



## Properties

Glycemic Index:5.78, Glycemic Load:6.47, Inflammation Score:-1, Nutrition Score:1.8608695618484%

## Nutrients (% of daily need)

Calories: 168.64kcal (8.43%), Fat: 7.28g (11.2%), Saturated Fat: 3.9g (24.36%), Carbohydrates: 24.02g (8.01%), Net Carbohydrates: 23.2g (8.44%), Sugar: 15.57g (17.3%), Cholesterol: 3.35mg (1.12%), Sodium: 191.93mg (8.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.83%), Vitamin B1: 0.08mg (5.06%), Vitamin B2: 0.07mg (4.13%), Phosphorus: 38.52mg (3.85%), Folate: 13.94µg (3.49%), Fiber: 0.82g (3.28%), Magnesium: 12.37mg (3.09%), Calcium: 26.63mg (2.66%), Potassium: 87mg (2.49%), Vitamin B3: 0.44mg (2.21%), Iron: 0.35mg (1.93%), Vitamin B12: 0.1µg (1.6%), Zinc: 0.21mg (1.4%), Copper: 0.03mg (1.39%), Manganese: 0.03mg (1.38%), Selenium: 0.78µg (1.11%)