



Cookies 'n' Cream Crunch

READY IN



45 min.

SERVINGS



9

CALORIES



561 kcal

DESSERT

Ingredients

- ☐ 6.5 ounce crème-filled chocolate sandwich cookies sugar-free crushed
- ☐ 3 tablespoons butter melted reduced-calorie
- ☐ 0.3 cup pecans chopped
- ☐ 1 quart tsp vanilla sugar fat-free softened

Equipment

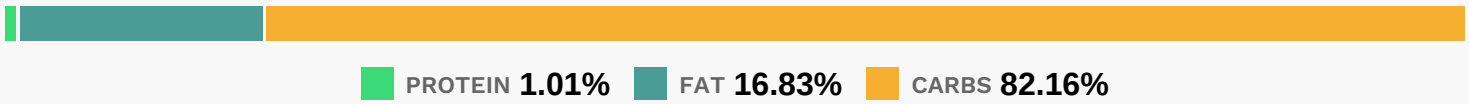
- ☐ frying pan

Directions

- ☐
- Combine first 3 ingredients; reserve 1 cup mixture. Press remaining crumb mixture firmly in bottom of a 9-inch square pan. Freeze 10 minutes.

☐☐☐

Nutrition Facts



Properties

Glycemic Index:8.9, Glycemic Load:73.42, Inflammation Score:-1, Nutrition Score:3.7504347727998%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg, Delphinidin: 0.29mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 561.28kcal (28.06%), Fat: 10.91g (16.79%), Saturated Fat: 2.19g (13.66%), Carbohydrates: 119.87g (39.96%), Net Carbohydrates: 118.89g (43.23%), Sugar: 113.43g (126.04%), Cholesterol: 0mg (0%), Sodium: 124.5mg (5.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.48g (2.96%), Manganese: 0.32mg (16.23%), Iron: 2.63mg (14.62%), Copper: 0.12mg (6.21%), Vitamin K: 5.75µg (5.48%), Vitamin E: 0.71mg (4.71%), Vitamin B1: 0.07mg (4.5%), Vitamin B2: 0.08mg (4.45%), Fiber: 0.98g (3.93%), Magnesium: 14.65mg (3.66%), Vitamin A: 169.6IU (3.39%), Folate: 13.42µg (3.36%), Phosphorus: 31.3mg (3.13%), Vitamin B3: 0.58mg (2.9%), Selenium: 1.85µg (2.64%), Zinc: 0.34mg (2.3%), Potassium: 68.53mg (1.96%)