



Cookies 'N Cream Pudding

READY IN



5 min.

SERVINGS



5

CALORIES



246 kcal

Ingredients

- 3.4 oz jell-o vanilla flavor pudding instant
- 2 cups milk cold
- 8 oreo cookies divided
- 0.8 cup cool whip whipped topping divided thawed

Equipment

- whisk

Directions

- Break 1 cookie into 4 pieces; reserve for garnish. Crush remaining cookies.

- Beat pudding mix and milk with whisk 2 min. Stir in crushed cookies and 1/2 cup COOL WHIP.
- Spoon into 4 dessert dishes; top with remaining COOL WHIP and reserved cookie pieces.

Nutrition Facts

PROTEIN 7.39% **FAT 30.16%** **CARBS 62.45%**

Properties

Glycemic Index:7.6, Glycemic Load:1.73, Inflammation Score:-2, Nutrition Score:5.7382609118586%

Nutrients (% of daily need)

Calories: 245.91kcal (12.3%), Fat: 8.34g (12.83%), Saturated Fat: 4.19g (26.18%), Carbohydrates: 38.87g (12.96%), Net Carbohydrates: 38.2g (13.89%), Sugar: 30.46g (33.84%), Cholesterol: 11.94mg (3.98%), Sodium: 242.1mg (10.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.19%), Calcium: 133.03mg (13.3%), Iron: 2.35mg (13.05%), Phosphorus: 125.14mg (12.51%), Vitamin B2: 0.19mg (11.35%), Vitamin B12: 0.55µg (9.16%), Vitamin D: 1.07µg (7.16%), Manganese: 0.14mg (6.78%), Vitamin B1: 0.09mg (6.32%), Potassium: 206.55mg (5.9%), Vitamin K: 5.91µg (5.63%), Magnesium: 21.52mg (5.38%), Selenium: 3.3µg (4.71%), Vitamin B5: 0.42mg (4.22%), Vitamin E: 0.58mg (3.86%), Zinc: 0.56mg (3.72%), Copper: 0.07mg (3.51%), Vitamin A: 166.82IU (3.34%), Vitamin B6: 0.07mg (3.31%), Vitamin B3: 0.61mg (3.07%), Folate: 12.05µg (3.01%), Fiber: 0.67g (2.69%)