



Cookies 'n Creme Pudding Pops

 Vegetarian

READY IN



310 min.

SERVINGS



10

CALORIES



92 kcal

Ingredients

- 0.5 cup cool whip free whipped topping thawed
- 2 cups milk fat-free cold
- 3.4 oz jell-o vanilla flavor pudding instant
- 6 reduced fat oreo cookies chopped

Equipment

- bowl
- whisk

Directions

- Beat pudding mix and milk in medium bowl with whisk 2 min. Stir in COOL WHIP and cookies.
- Spoon into 6 (5-oz.) paper or plastic cups. Insert wooden pop stick into center of each.
- Freeze 5 hours or until firm.

Nutrition Facts



PROTEIN 9.41% **FAT 15.81%** **CARBS 74.78%**

Properties

Glycemic Index:3.33, Glycemic Load:0.8, Inflammation Score:-1, Nutrition Score:2.742173910141%

Nutrients (% of daily need)

Calories: 92.19kcal (4.61%), Fat: 1.64g (2.52%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 17.18g (6.25%), Sugar: 13.65g (15.17%), Cholesterol: 2.07mg (0.69%), Sodium: 111.93mg (4.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.39%), Calcium: 70.72mg (7.07%), Vitamin B2: 0.11mg (6.22%), Phosphorus: 61.87mg (6.19%), Vitamin B12: 0.34µg (5.66%), Iron: 0.88mg (4.89%), Vitamin D: 0.54µg (3.59%), Vitamin B1: 0.05mg (3.14%), Potassium: 104.66mg (2.99%), Manganese: 0.05mg (2.55%), Magnesium: 9.56mg (2.39%), Selenium: 1.55µg (2.22%), Vitamin A: 106.67IU (2.13%), Vitamin B5: 0.2mg (1.97%), Zinc: 0.29mg (1.92%), Vitamin K: 1.98µg (1.89%), Vitamin B6: 0.03mg (1.73%), Folate: 6.01µg (1.5%), Copper: 0.03mg (1.39%), Vitamin B3: 0.26mg (1.29%), Vitamin E: 0.18mg (1.21%), Fiber: 0.28g (1.13%)