



## Cookies 'n Creme Pudding Pops

 Vegetarian

READY IN



310 min.

SERVINGS



6

CALORIES



154 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:5.54, Glycemic Load:1.33, Inflammation Score:-2, Nutrition Score:4.570869533912%

## Nutrients (% of daily need)

Calories: 153.64kcal (7.68%), Fat: 2.73g (4.21%), Saturated Fat: 0.91g (5.7%), Carbohydrates: 29.1g (9.7%), Net Carbohydrates: 28.63g (10.41%), Sugar: 22.75g (25.28%), Cholesterol: 3.45mg (1.15%), Sodium: 186.55mg (8.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.32%), Calcium: 117.87mg (11.79%), Vitamin B2: 0.18mg (10.37%), Phosphorus: 103.11mg (10.31%), Vitamin B12: 0.57µg (9.44%), Iron: 1.47mg (8.15%), Vitamin D: 0.9µg (5.99%), Vitamin B1: 0.08mg (5.24%), Potassium: 174.43mg (4.98%), Manganese: 0.09mg (4.25%), Magnesium: 15.94mg (3.98%), Selenium: 2.59µg (3.7%), Vitamin A: 177.78IU (3.56%), Vitamin B5: 0.33mg (3.28%), Zinc: 0.48mg (3.19%), Vitamin K: 3.31µg (3.15%), Vitamin B6: 0.06mg (2.89%), Folate: 10.02µg (2.5%), Copper: 0.05mg (2.31%), Vitamin B3: 0.43mg (2.16%), Vitamin E: 0.3mg (2.01%), Fiber: 0.47g (1.88%)