



Cookies & Cream

READY IN



135 min.

SERVINGS



15

CALORIES



212 kcal

Ingredients

- 0.3 cup butter melted
- 3 drops food coloring red
- 3 drops food coloring yellow
- 1.3 cups milk cold
- 12.6 oz jell-o no bake oreo dessert
- 15 servings suggested decorations such as candy corn and crushed oreo cookies

Equipment

- bowl
- blender

muffin liners

Directions

Place Crust

Mix and butter in medium bowl; stir with fork until crumbs are evenly moistened. Divide evenly among 12 paper-lined medium muffin cups; press firmly onto bottom of each cup to form crust.

Pour milk into deep narrow-bottomed bowl.

Add Filling

Mix. Beat with mixer on low speed 30 sec.

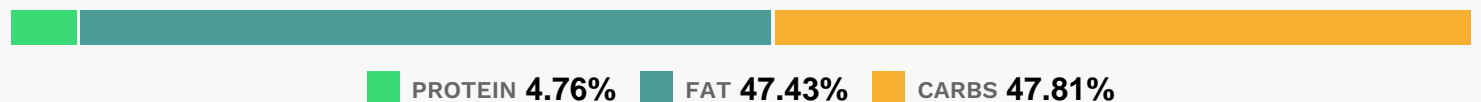
Add food colorings; beat on high speed 3 min. or until light and fluffy and filling is evenly colored. (Do not under beat.)

Reserve 1/2 cup Crushed Cookies.

Add remaining crushed cookies to filling; stir gently until well blended. Spoon over crusts; sprinkle evenly with reserved cookies. Freeze 2 hours or until firm.

Remove from freezer. Decorate as desired. Cover leftover desserts and store in freezer up to 2 weeks.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:5.1213042895593%

Nutrients (% of daily need)

Calories: 212.36kcal (10.62%), Fat: 11.47g (17.64%), Saturated Fat: 3.23g (20.2%), Carbohydrates: 26.01g (8.67%), Net Carbohydrates: 24.99g (9.09%), Sugar: 15.35g (17.05%), Cholesterol: 2.6mg (0.87%), Sodium: 192.18mg (8.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.59g (5.18%), Iron: 4.25mg (23.63%), Manganese: 0.24mg (11.96%), Vitamin K: 9.7µg (9.23%), Vitamin E: 1.04mg (6.9%), Vitamin B2: 0.12mg (6.79%), Copper: 0.12mg (5.88%), Phosphorus: 55.75mg (5.58%), Vitamin B1: 0.08mg (5.46%), Folate: 21.49µg (5.37%), Magnesium: 19.27mg (4.82%), Vitamin B3: 0.94mg (4.69%), Vitamin A: 216.28IU (4.33%), Fiber: 1.02g (4.08%), Calcium: 35.57mg (3.56%), Potassium: 116.9mg (3.34%), Selenium: 2.24µg (3.2%), Zinc: 0.35mg (2.33%), Vitamin B12: 0.12µg (2.04%), Vitamin B5: 0.19mg (1.91%), Vitamin D: 0.24µg (1.59%), Vitamin B6: 0.02mg (1.09%)