



COOL WHIP Cones

READY IN



200 min.

SERVINGS



20

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 pirouette cookies cut in half
- 10 flat-bottom ice cream cones
- 2 pkg jell-o vanilla flavor pudding instant (4-serving size each)
- 2 cups milk cold
- 4 oreo bite size cookies mini
- 1 Tbsp sprinkles
- 8 oz cool whip whipped topping divided thawed

Equipment

- bowl
- whisk

Directions

- Beat pudding mixes and milk in large bowl with whisk 2 min. (Pudding will be thick.) Stir in 2 cups COOL WHIP.
- Spoon into ice cream cones; top with remaining COOL WHIP and sprinkles.
- Freeze 3 hours or until firm.
- Garnish with cookies just before serving.

Nutrition Facts



Properties

Glycemic Index:5.1, Glycemic Load:1.03, Inflammation Score:-1, Nutrition Score:1.6421739070312%

Nutrients (% of daily need)

Calories: 105.73kcal (5.29%), Fat: 3.32g (5.11%), Saturated Fat: 2.05g (12.81%), Carbohydrates: 17.5g (5.83%), Net Carbohydrates: 17.3g (6.29%), Sugar: 13.34g (14.82%), Cholesterol: 3.15mg (1.05%), Sodium: 98.12mg (4.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.54g (3.07%), Calcium: 39.74mg (3.97%), Phosphorus: 38.39mg (3.84%), Vitamin B2: 0.06mg (3.68%), Vitamin B12: 0.15µg (2.57%), Iron: 0.43mg (2.37%), Vitamin B1: 0.03mg (2.06%), Manganese: 0.04mg (1.79%), Vitamin D: 0.27µg (1.79%), Potassium: 59.15mg (1.69%), Folate: 6.48µg (1.62%), Selenium: 1.14µg (1.62%), Magnesium: 5.58mg (1.39%), Vitamin K: 1.29µg (1.23%), Vitamin E: 0.18mg (1.2%), Vitamin B3: 0.24mg (1.19%), Vitamin B5: 0.11mg (1.12%), Zinc: 0.15mg (1.01%)