



Dirt Cups

READY IN



75 min.

SERVINGS



15

CALORIES



314 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 chewy fruit snacks worm-shaped
- 3.9 oz jell-o chocolate flavor pudding instant
- 2 cups milk cold
- 1.3 cups oreo cookies divided crushed finely
- 8 oz cool whip whipped topping thawed

Equipment

- bowl
- whisk

Directions

- Beat pudding mix and milk in large bowl with whisk 2 min.
- Let stand 5 min. Stir in COOL WHIP and 1/2 cup cookie crumbs.
- Spoon into 10 (6- to 7-oz.) paper or plastic cups; top with remaining cookie crumbs.
- Refrigerate 1 hour. Top with fruit snacks just before serving.

Nutrition Facts



Properties

Glycemic Index:2.53, Glycemic Load:0.58, Inflammation Score:-6, Nutrition Score:8.250869512558%

Nutrients (% of daily need)

Calories: 314.12kcal (15.71%), Fat: 6.01g (9.24%), Saturated Fat: 3.16g (19.74%), Carbohydrates: 64.98g (21.66%), Net Carbohydrates: 59.53g (21.65%), Sugar: 49.31g (54.79%), Cholesterol: 4.21mg (1.4%), Sodium: 195.31mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.53%), Fiber: 5.45g (21.81%), Vitamin A: 970.16IU (19.4%), Vitamin K: 18.15µg (17.28%), Copper: 0.3mg (14.87%), Iron: 2.65mg (14.74%), Potassium: 379.67mg (10.85%), Manganese: 0.2mg (9.99%), Phosphorus: 97.75mg (9.78%), Vitamin B2: 0.17mg (9.78%), Vitamin C: 6.6mg (8%), Vitamin B3: 1.59mg (7.95%), Magnesium: 29.55mg (7.39%), Calcium: 69.44mg (6.94%), Vitamin B1: 0.08mg (5.62%), Zinc: 0.56mg (3.75%), Vitamin B6: 0.07mg (3.74%), Folate: 14.81µg (3.7%), Vitamin B12: 0.21µg (3.43%), Vitamin B5: 0.29mg (2.86%), Vitamin E: 0.43mg (2.84%), Selenium: 1.86µg (2.66%), Vitamin D: 0.36µg (2.39%)