



Dish of Dirt

READY IN



15 min.

SERVINGS



15

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup chocolate syrup
- 2 cups vanilla yogurt frozen
- 8 chewy fruit snacks worm-shaped
- 12 oreo cookies divided crushed finely (1 cup crumbs)
- 0.5 cup cool whip whipped topping

Equipment

Directions

- Spoon half of the cookie crumbs evenly into 4 dessert dishes, placing about 2 Tbsp. of the crumbs in each dish.
- Top each with 1/2 cup yogurt, 1/4 of the remaining cookie crumbs and 1 Tbsp. syrup.
- Add dollop of whipped topping and fruit snack to each dessert.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:6.1860869397288%

Nutrients (% of daily need)

Calories: 231.42kcal (11.57%), Fat: 3.53g (5.44%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 50.47g (16.82%), Net Carbohydrates: 46.22g (16.81%), Sugar: 38.59g (42.88%), Cholesterol: 0.43mg (0.14%), Sodium: 71.35mg (3.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.1%), Fiber: 4.25g (16.99%), Vitamin A: 767.55IU (15.35%), Vitamin K: 13.83µg (13.17%), Copper: 0.25mg (12.28%), Iron: 2.07mg (11.51%), Potassium: 290.3mg (8.29%), Manganese: 0.15mg (7.56%), Vitamin B2: 0.13mg (7.54%), Phosphorus: 70.8mg (7.08%), Vitamin C: 5.44mg (6.6%), Vitamin B3: 1.26mg (6.32%), Magnesium: 22.63mg (5.66%), Calcium: 43.95mg (4.39%), Vitamin B1: 0.06mg (3.72%), Folate: 11.98µg (3%), Vitamin B6: 0.06mg (2.84%), Zinc: 0.41mg (2.71%), Vitamin B5: 0.25mg (2.52%), Vitamin E: 0.27mg (1.81%), Selenium: 1.26µg (1.8%), Vitamin B12: 0.06µg (1.01%)