



## Forget-Me-Not Cones

READY IN



15 min.

SERVINGS



15

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.8 oz ice cream cones
- 3.9 oz jell-o chocolate flavor pudding instant
- 12 marshmallow flowers (See Tip.)
- 1 cup milk cold
- 10 oreo cookies divided crushed
- 2 cups cool whip whipped topping thawed

## Equipment

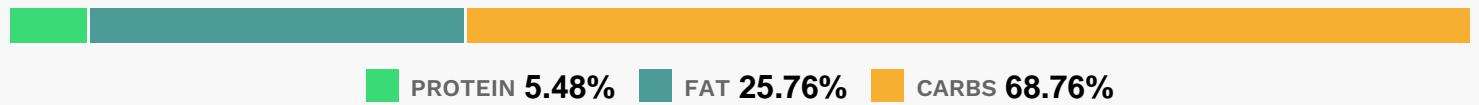
- bowl

whisk

## Directions

- Beat pudding mix and milk in large bowl with whisk 2 min.
- Let stand 5 min. Stir in COOL WHIP and 3/4 cup cookie crumbs.
- Spoon into ice cream cups; sprinkle with remaining cookie crumbs to resemble dirt in flower pots. Flatten tops slightly with back of spoon.
- Top with Marshmallow Flowers.

## Nutrition Facts



## Properties

Glycemic Index:6.57, Glycemic Load:3.04, Inflammation Score:-1, Nutrition Score:2.3417391466058%

## Nutrients (% of daily need)

Calories: 128.74kcal (6.44%), Fat: 3.74g (5.75%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 22.44g (7.48%), Net Carbohydrates: 21.84g (7.94%), Sugar: 14.82g (16.47%), Cholesterol: 2.15mg (0.72%), Sodium: 162.7mg (7.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Iron: 1.21mg (6.69%), Manganese: 0.1mg (5.07%), Phosphorus: 40.23mg (4.02%), Vitamin B2: 0.07mg (3.9%), Copper: 0.07mg (3.31%), Calcium: 30.67mg (3.07%), Folate: 11.18µg (2.79%), Magnesium: 10.7mg (2.68%), Vitamin K: 2.73µg (2.6%), Fiber: 0.6g (2.41%), Vitamin B1: 0.04mg (2.4%), Potassium: 74.6mg (2.13%), Vitamin B3: 0.4mg (2.02%), Selenium: 1.4µg (2%), Vitamin E: 0.29mg (1.91%), Vitamin B12: 0.11µg (1.8%), Zinc: 0.21mg (1.37%), Vitamin D: 0.18µg (1.19%), Vitamin B5: 0.1mg (1.03%)