



Frozen Choco-Minty Pizza

READY IN



195 min.

SERVINGS



15

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 Tbsp butter melted
- 2 cups oreo double delight mint 'n creme chocolate sandwich cookies crushed finely
- 2 Tbsp cream sauce hot
- 2 pkg vanilla flavor pudding instant (4-serving size each)
- 2.5 cups milk cold
- 0.3 tsp mint extract
- 8 oz cool whip whipped topping divided thawed

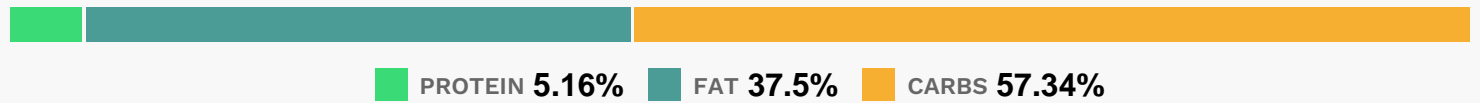
Equipment

- bowl
- whisk
- pizza pan

Directions

- Mix cookie crumbs and butter; press firmly onto bottom of 12-inch pizza pan.
- Pour milk into large bowl.
- Add dry pudding mixes. Beat with wire whisk 2 minutes or until well blended. Stir in mint extract. Gently stir in half of the whipped topping.
- Spread pudding mixture evenly onto cookie crust. Cover with remaining whipped topping; drizzle with fudge topping.
- Freeze 3 hours or until firm.
- Cut into 12 slices. Store leftover dessert in freezer.

Nutrition Facts



Properties

Glycemic Index:5.87, Glycemic Load:0.72, Inflammation Score:-2, Nutrition Score:4.4495652399795%

Nutrients (% of daily need)

Calories: 235.2kcal (11.76%), Fat: 9.94g (15.29%), Saturated Fat: 5.24g (32.76%), Carbohydrates: 34.19g (11.4%), Net Carbohydrates: 33.42g (12.15%), Sugar: 25.25g (28.06%), Cholesterol: 11.31mg (3.77%), Sodium: 217.43mg (9.45%), Alcohol: 0.02g (100%), Alcohol %: 0.03% (100%), Protein: 3.08g (6.16%), Iron: 2.64mg (14.67%), Manganese: 0.16mg (7.84%), Phosphorus: 75.5mg (7.55%), Vitamin B2: 0.13mg (7.38%), Calcium: 67.81mg (6.78%), Vitamin K: 6.71µg (6.39%), Vitamin E: 0.76mg (5.04%), Vitamin B1: 0.07mg (4.59%), Magnesium: 17.25mg (4.31%), Vitamin B12: 0.26µg (4.27%), Copper: 0.08mg (4.24%), Potassium: 136.73mg (3.91%), Selenium: 2.45µg (3.5%), Folate: 13.65µg (3.41%), Vitamin B3: 0.62mg (3.1%), Fiber: 0.77g (3.07%), Vitamin D: 0.45µg (2.98%), Vitamin A: 148.52IU (2.97%), Zinc: 0.37mg (2.44%), Vitamin B5: 0.22mg (2.22%), Vitamin B6: 0.03mg (1.67%)