



## Frozen OREO® Pizza

READY IN



195 min.

SERVINGS



15

CALORIES



184 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 Tbsp butter melted
- 2.5 cups milk cold
- 2 cups oreo cookies crushed finely
- 2 pkg oreo cookies 'n creme flavor pudding instant (4-serving size each)
- 2 cups strawberries sliced
- 8 oz cool whip whipped topping divided thawed

### Equipment

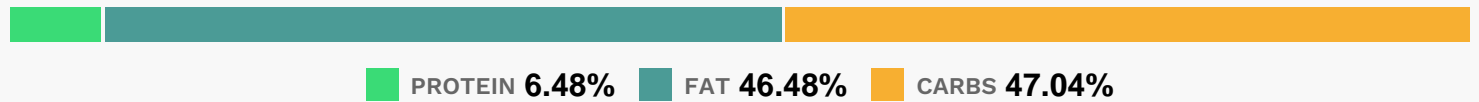
- bowl

- whisk
- pizza pan

## Directions

- Mix cookie crumbs and butter; press firmly into 12-inch pizza pan.
- Pour milk into large bowl.
- Add dry pudding mixes. Beat with wire whisk 2 minutes or until well blended. Gently stir in half of the whipped topping.
- Spread over crust; cover with remaining whipped topping.
- Freeze 3 hours or until firm. Arrange strawberries on top of pizza.
- Cut into 12 slices. Store leftover dessert in freezer.

## Nutrition Facts



## Properties

Glycemic Index:8.53, Glycemic Load:1.16, Inflammation Score:-3, Nutrition Score:5.4030434877976%

## Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg, Pelargonidin: 4.77mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 184.38kcal (9.22%), Fat: 9.74g (14.99%), Saturated Fat: 5.14g (32.13%), Carbohydrates: 22.18g (7.39%), Net Carbohydrates: 21.18g (7.7%), Sugar: 15.2g (16.89%), Cholesterol: 11.29mg (3.76%), Sodium: 128.08mg (5.57%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Iron: 2.69mg (14.95%), Vitamin C: 11.29mg (13.68%), Manganese: 0.22mg (11.06%), Phosphorus: 77.52mg (7.75%), Vitamin B2: 0.13mg (7.41%), Calcium: 69.02mg (6.9%), Vitamin K: 7.11µg (6.77%), Vitamin E: 0.75mg (4.98%), Vitamin B1: 0.07mg (4.86%), Magnesium: 18.58mg (4.65%), Folate: 18.24µg (4.56%), Potassium: 156.56mg (4.47%), Vitamin B12: 0.25µg (4.24%), Copper: 0.08mg (4.14%), Fiber: 1.01g (4.03%), Vitamin B3: 0.69mg (3.46%), Selenium: 2.36µg (3.37%), Vitamin A: 150.77IU (3.02%), Vitamin D: 0.45µg (2.98%), Zinc: 0.37mg (2.47%), Vitamin B5: 0.24mg (2.43%), Vitamin B6: 0.04mg (2.09%)