



Grasshopper Parfaits

READY IN



55 min.

SERVINGS



12

CALORIES



266 kcal

DESSERT

Ingredients

- 2 drops food coloring green
- 7.8 oz jell-o chocolate flavor pudding instant
- 4 cups milk cold
- 0.5 cup chocolate-covered mint patties finely chopped
- 1.5 cups oreo cookies finely chopped
- 2 cups cool whip whipped topping thawed

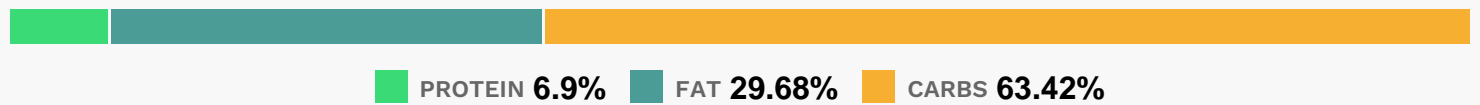
Equipment

- whisk

Directions

- Combine chopped cookies and mint patties.
- Beat pudding mixes and milk with whisk 2 min.
- Let stand 5 min. Meanwhile, stir food coloring into COOL WHIP until blended.
- Layer half each of the pudding, COOL WHIP and cookie mixture evenly in 12 parfait glasses. Repeat layers.
- Refrigerate 30 min.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:1.44, Inflammation Score:-2, Nutrition Score:6.1217390765315%

Nutrients (% of daily need)

Calories: 266.45kcal (13.32%), Fat: 8.92g (13.72%), Saturated Fat: 4.51g (28.22%), Carbohydrates: 42.88g (14.29%), Net Carbohydrates: 41.5g (15.09%), Sugar: 32.02g (35.58%), Cholesterol: 10.08mg (3.36%), Sodium: 382.81mg (16.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.33%), Iron: 2.74mg (15.2%), Phosphorus: 123.26mg (12.33%), Calcium: 116.11mg (11.61%), Vitamin B2: 0.18mg (10.66%), Manganese: 0.21mg (10.32%), Vitamin B12: 0.46µg (7.74%), Magnesium: 28.33mg (7.08%), Copper: 0.13mg (6.7%), Potassium: 232.78mg (6.65%), Vitamin K: 6.4µg (6.1%), Vitamin D: 0.89µg (5.96%), Vitamin B1: 0.09mg (5.95%), Fiber: 1.38g (5.54%), Selenium: 3.35µg (4.78%), Vitamin E: 0.61mg (4.07%), Zinc: 0.61mg (4.05%), Vitamin B5: 0.37mg (3.68%), Vitamin B3: 0.66mg (3.31%), Folate: 13.13µg (3.28%), Vitamin B6: 0.06mg (2.95%), Vitamin A: 141.91IU (2.84%)