



JELL-O OREO Pudding Pie

READY IN



250 min.

SERVINGS



10

CALORIES



288 kcal

Ingredients

- 2.5 cups milk cold
- 5 oreo cookies cut in half
- 6.8 oz oreo cookies 'n creme flavor pudding instant
- 6 oz oreo pie crust
- 8 oz cool whip whipped topping divided thawed

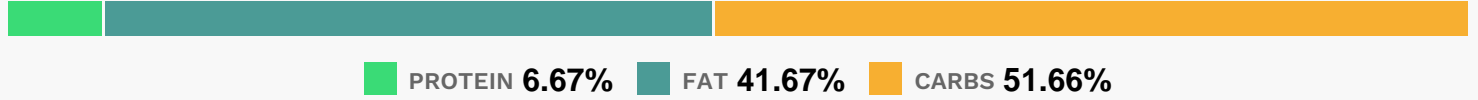
Equipment

- whisk

Directions

- Beat pudding mixes and milk with whisk 2 min. Stir in half the COOL WHIP.
- Pour into crust.
- Refrigerate 4 hours or until firm. Top with remaining COOL WHIP and cookies just before serving.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:1.08, Inflammation Score:-2, Nutrition Score:6.2308694901674%

Nutrients (% of daily need)

Calories: 288.04kcal (14.4%), Fat: 13.5g (20.77%), Saturated Fat: 5.98g (37.35%), Carbohydrates: 37.66g (12.55%), Net Carbohydrates: 36.62g (13.32%), Sugar: 23.46g (26.06%), Cholesterol: 7.77mg (2.59%), Sodium: 223.83mg (9.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.73%), Iron: 3.58mg (19.88%), Phosphorus: 125.37mg (12.54%), Vitamin B2: 0.2mg (11.64%), Calcium: 96.44mg (9.64%), Vitamin B1: 0.14mg (9.19%), Manganese: 0.17mg (8.69%), Vitamin K: 7.83µg (7.46%), Folate: 28.01µg (7%), Magnesium: 25.72mg (6.43%), Vitamin B12: 0.37µg (6.25%), Vitamin B3: 1.16mg (5.8%), Potassium: 194.48mg (5.56%), Vitamin E: 0.77mg (5.12%), Vitamin D: 0.67µg (4.47%), Copper: 0.09mg (4.37%), Selenium: 3.02µg (4.31%), Fiber: 1.04g (4.16%), Zinc: 0.46mg (3.07%), Vitamin B5: 0.3mg (3.03%), Vitamin B6: 0.05mg (2.38%), Vitamin A: 116.11IU (2.32%)