



## JELL-O® No Bake OREO® Cups

READY IN



75 min.

SERVINGS



15

CALORIES



157 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 5 Tbsp butter
- 1.3 cups milk cold
- 12.6 oz jell-o no bake oreo dessert

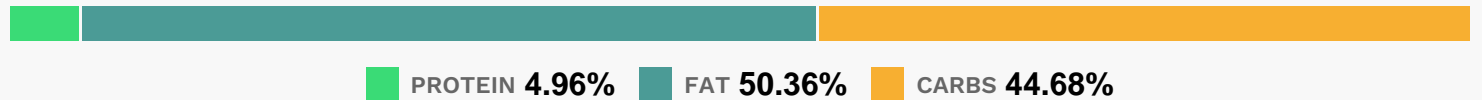
### Equipment

- bowl
- hand mixer
- muffin liners

## Directions

- Mix Crust
- Mix and margarine with fork until crumbs are evenly moistened. Press firmly onto bottoms of 12 paper-lined medium muffin cups, using about 1 heaping tablespoonful of the crumb mixture for each crust.
- Pour milk into deep medium bowl.
- Add Filling
- Mix. Beat with electric mixer on low speed 30 seconds, then beat on high speed 3 minutes. (Do not underbeat.)
- Remove 1/2 cup of the crushed cookies; set aside. Gently stir remaining crushed cookies into filling until well blended. Spoon evenly over crusts; sprinkle with reserved crushed cookies.
- Freeze at least 2 hours until firm. Store leftover desserts in freezer.

## Nutrition Facts



## Properties

Glycemic Index:2.53, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:3.7547826278631%

## Nutrients (% of daily need)

Calories: 157.06kcal (7.85%), Fat: 9g (13.84%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 17.96g (5.99%), Net Carbohydrates: 17.27g (6.28%), Sugar: 10.74g (11.93%), Cholesterol: 2.6mg (0.87%), Sodium: 144.65mg (6.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.99%), Iron: 2.88mg (16.01%), Manganese: 0.16mg (8.12%), Vitamin K: 6.59µg (6.28%), Vitamin B2: 0.09mg (5.2%), Vitamin E: 0.74mg (4.96%), Phosphorus: 45.13mg (4.51%), Vitamin A: 202.54IU (4.05%), Copper: 0.08mg (3.99%), Vitamin B1: 0.06mg (3.97%), Folate: 14.57µg (3.64%), Magnesium: 13.94mg (3.48%), Calcium: 33.08mg (3.31%), Vitamin B3: 0.64mg (3.22%), Fiber: 0.69g (2.76%), Potassium: 90.22mg (2.58%), Selenium: 1.65µg (2.36%), Vitamin B12: 0.12µg (2.03%), Zinc: 0.27mg (1.77%), Vitamin D: 0.24µg (1.59%), Vitamin B5: 0.16mg (1.56%)