



Make-Ahead Cappuccino-Oreo Trifles

READY IN



45 min.

SERVINGS



8

CALORIES



256 kcal

DESSERT

Ingredients

- ☐ 0.3 cup cornstarch
- ☐ 1 large eggs
- ☐ 1 tablespoon coffee granules instant
- ☐ 1 tablespoon kahlua (coffee-flavored liqueur)
- ☐ 2.5 cups milk 1% low-fat
- ☐ 0.5 cup sugar
- ☐ 16 cream-filled chocolate sandwich cookies divided reduced-fat (such as Reduced Fat Oreos)
- ☐ 1.5 cups non-dairy whipped topping frozen thawed reduced-calorie

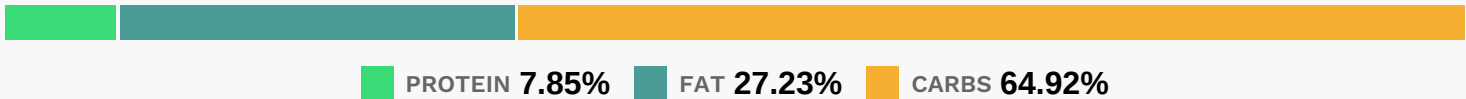
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a bowl; stir well with a whisk. Cook milk in a heavy saucepan over medium-high heat to 180 or until tiny bubbles form around edge (do not boil). Gradually add hot milk to egg mixture, stirring constantly with a whisk. Return milk mixture to pan; cook over medium heat until thick (3 minutes), stirring constantly. Reduce heat to low; cook 2 minutes.
- ☐ Remove from heat; stir in Kahla.
- ☐ Pour into a medium bowl; place bowl in a larger bowl of ice water, stirring occasionally until mixture is cool.
- ☐ Coarsely chop 8 cookies; fold chopped cookies and whipped topping into pudding. Spoon about 1/2 cup cookie mixture into each of 8 small parfait glasses or (6-ounce) custard cups. Cover and chill at least 2 hours or until cold. Top each serving with a cookie.

Nutrition Facts



Properties

Glycemic Index:8.76, Glycemic Load:8.73, Inflammation Score:-2, Nutrition Score:6.3869565777157%

Nutrients (% of daily need)

Calories: 255.51kcal (12.78%), Fat: 7.77g (11.96%), Saturated Fat: 3.56g (22.27%), Carbohydrates: 41.68g (13.89%), Net Carbohydrates: 40.95g (14.89%), Sugar: 30.12g (33.47%), Cholesterol: 27.22mg (9.07%), Sodium: 141.75mg (6.16%), Alcohol: 0.41g (100%), Alcohol %: 0.38% (100%), Caffeine: 20.83mg (6.94%), Protein: 5.04g (10.08%), Iron: 3.08mg (17.11%), Phosphorus: 123.48mg (12.35%), Vitamin B2: 0.2mg (12.03%), Calcium: 112.54mg (11.25%), Manganese: 0.18mg (9%), Vitamin B12: 0.53µg (8.89%), Selenium: 5.32µg (7.6%), Vitamin K: 7.13µg (6.79%), Vitamin B1: 0.09mg (6.31%), Potassium: 218.75mg (6.25%), Vitamin D: 0.94µg (6.24%), Magnesium: 24.03mg (6.01%),

Vitamin E: 0.74mg (4.96%), Folate: 19.47µg (4.87%), Copper: 0.09mg (4.53%), Vitamin B3: 0.9mg (4.51%), Vitamin B5: 0.43mg (4.35%), Zinc: 0.6mg (3.97%), Vitamin A: 189.19IU (3.78%), Vitamin B6: 0.06mg (3.17%), Fiber: 0.73g (2.93%)