



## Marvelous Mocha Pudding

READY IN



10 min.

SERVINGS



10

CALORIES



156 kcal

### Ingredients

- 3.9 oz jell-o chocolate flavor pudding instant
- 1.5 cups milk cold
- 12 oreo cookies divided
- 0.5 cup strong maxwell house coffee cooled brewed
- 1.5 cups cool whip whipped topping thawed

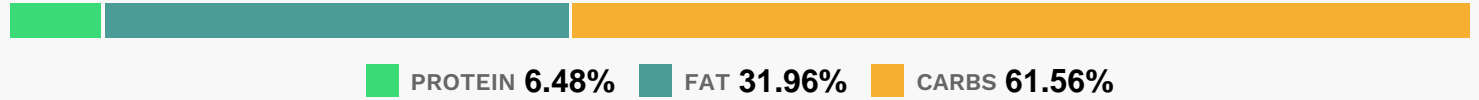
### Equipment

- bowl
- whisk

## Directions

- Beat pudding mix, milk and coffee in medium bowl with whisk 2 min. or until well blended.
- Spoon half the pudding into 4 dessert glasses; top each with 2 crumbled cookies. Stir COOL WHIP into remaining pudding; spoon over desserts.
- Top with remaining whole cookies.

## Nutrition Facts



## Properties

Glycemic Index:3.8, Glycemic Load:0.65, Inflammation Score:-1, Nutrition Score:3.6726086813471%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 155.89kcal (7.79%), Fat: 5.61g (8.63%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 24.31g (8.1%), Net Carbohydrates: 23.49g (8.54%), Sugar: 17.78g (19.75%), Cholesterol: 4.62mg (1.54%), Sodium: 236.11mg (10.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.23mg (2.08%), Protein: 2.56g (5.11%), Iron: 1.9mg (10.54%), Manganese: 0.14mg (7.12%), Phosphorus: 67mg (6.7%), Vitamin B2: 0.11mg (6.47%), Calcium: 57.59mg (5.76%), Copper: 0.09mg (4.45%), Vitamin K: 4.59µg (4.37%), Magnesium: 17.28mg (4.32%), Potassium: 131.86mg (3.77%), Vitamin B12: 0.22µg (3.67%), Vitamin B1: 0.05mg (3.59%), Fiber: 0.82g (3.26%), Vitamin E: 0.44mg (2.93%), Selenium: 1.99µg (2.84%), Vitamin D: 0.4µg (2.68%), Folate: 9.69µg (2.42%), Vitamin B3: 0.47mg (2.36%), Zinc: 0.34mg (2.26%), Vitamin B5: 0.21mg (2.13%), Vitamin B6: 0.03mg (1.47%), Vitamin A: 67.9IU (1.36%)