



Mocha-Chocolate Cookie Pudding

READY IN



45 min.

SERVINGS



8

CALORIES



410 kcal

Ingredients

- ☐ 3 ounce cream cheese softened
- ☐ 5.9 ounce chocolate pudding mix instant
- ☐ 2 cups milk
- ☐ 2 tablespoons strong coffee decoction brewed
- ☐ 2 cups coffee-flavored cream-filled chocolate sandwich cookies crushed
- ☐ 8 ounce non-dairy whipped topping frozen thawed

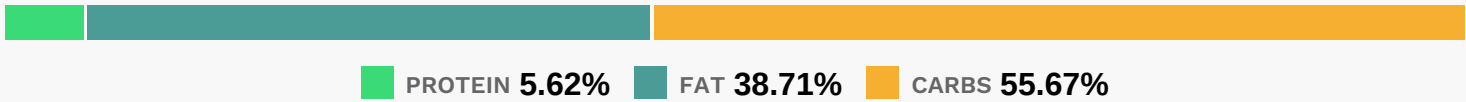
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together chocolate instant pudding mix and 2 cups milk for 2 minutes. Cover pudding, and chill 5 minutes.
- ☐ Stir together cream cheese, whipped topping, and coffee, blending well.
- ☐ Place 1 cup crushed cookies evenly on bottom of an 8-cup bowl.
- ☐ Spread half of cream cheese mixture over crushed cookies.
- ☐ Spread all of pudding evenly over top; spread remaining cream cheese mixture evenly over pudding.
- ☐ Sprinkle with remaining cookies. Chill until ready to serve.
- ☐ Note: For testing purposes only, we used Double Delight Oreo Coffee 'n Creme for sandwich cookies.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:1.24, Inflammation Score:-3, Nutrition Score:6.3939130098923%

Nutrients (% of daily need)

Calories: 409.58kcal (20.48%), Fat: 17.72g (27.26%), Saturated Fat: 7.85g (49.06%), Carbohydrates: 57.34g (19.11%), Net Carbohydrates: 55.99g (20.36%), Sugar: 39.93g (44.37%), Cholesterol: 18.62mg (6.21%), Sodium: 531.02mg (23.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.79g (11.58%), Vitamin B2: 0.25mg (14.45%), Phosphorus: 139.13mg (13.91%), Calcium: 118.85mg (11.89%), Vitamin B1: 0.15mg (9.95%), Manganese: 0.2mg (9.9%), Vitamin B12: 0.41µg (6.82%), Iron: 1.19mg (6.63%), Selenium: 4.48µg (6.39%), Magnesium: 25.38mg (6.35%), Potassium: 221.72mg (6.33%), Copper: 0.13mg (6.25%), Vitamin B3: 1.23mg (6.17%), Vitamin E: 0.92mg (6.12%), Folate: 22.51µg (5.63%), Fiber: 1.35g (5.41%), Vitamin A: 262.57IU (5.25%), Vitamin B5: 0.46mg (4.6%), Vitamin D: 0.67µg (4.47%), Zinc: 0.62mg (4.15%), Vitamin K: 3.63µg (3.46%), Vitamin B6: 0.06mg (2.93%)