



## Mud and Worms

READY IN



15 min.

SERVINGS



4

CALORIES



419 kcal

SIDE DISH

### Ingredients

- 3 ounce gummy worms candy
- 3.9 ounce chocolate pudding mix instant
- 2 cups milk
- 12 chocolate cream-filled sandwich cookies

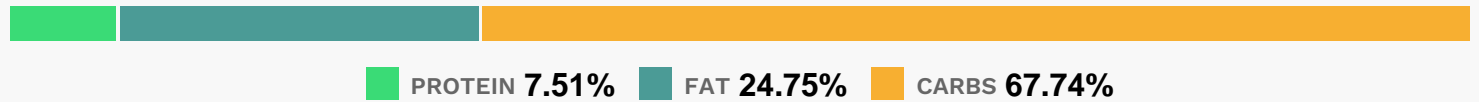
### Equipment

- bowl
- whisk
- rolling pin

## Directions

- Place the chocolate sandwich cookies into a resealable plastic zipper bag, and crush with a rolling pin into crumbs. For a more mudlike appearance, untwist the cookies and scrape off the creme filling before crushing cookies.
- Whisk together the chocolate pudding mix with the milk in a bowl, stirring for 2 minutes.
- Sprinkle about 1/3 of the crushed sandwich cookie crumbs into the bottom of a serving bowl, and spoon the chocolate pudding over the crumbs. Smooth out the top of the pudding, then top with the rest of the chocolate cookie crumbs to resemble dirt. Poke gummy worms halfway into the dirt. Refrigerate until serving.

## Nutrition Facts



## Properties

Glycemic Index:9.5, Glycemic Load:2.16, Inflammation Score:-3, Nutrition Score:7.3569564508355%

## Nutrients (% of daily need)

Calories: 418.54kcal (20.93%), Fat: 11.63g (17.89%), Saturated Fat: 3.57g (22.31%), Carbohydrates: 71.62g (23.87%), Net Carbohydrates: 70.08g (25.49%), Sugar: 47.72g (53.03%), Cholesterol: 14.64mg (4.88%), Sodium: 589.43mg (25.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.87%), Phosphorus: 170.12mg (17.01%), Calcium: 163.1mg (16.31%), Vitamin B2: 0.27mg (15.94%), Vitamin B1: 0.17mg (11%), Vitamin B12: 0.66µg (10.98%), Manganese: 0.21mg (10.57%), Vitamin D: 1.34µg (8.95%), Magnesium: 32.12mg (8.03%), Potassium: 280.99mg (8.03%), Copper: 0.14mg (7.01%), Iron: 1.15mg (6.4%), Fiber: 1.54g (6.14%), Vitamin B5: 0.6mg (6.04%), Selenium: 4.09µg (5.84%), Vitamin B3: 1.16mg (5.81%), Zinc: 0.82mg (5.44%), Folate: 18.83µg (4.71%), Vitamin E: 0.66mg (4.38%), Vitamin B6: 0.08mg (4.21%), Vitamin A: 197.64IU (3.95%), Vitamin K: 2.58µg (2.46%)