



No Bake Double Good Dessert

READY IN



45 min.

SERVINGS



36

CALORIES



132 kcal

DESSERT

Ingredients

- 20 crème-filled chocolate sandwich cookies crushed
- 2 cups powdered sugar
- 8 ounce cream cheese softened
- 0.8 cup peanut butter
- 12 ounce non-dairy whipped topping frozen thawed

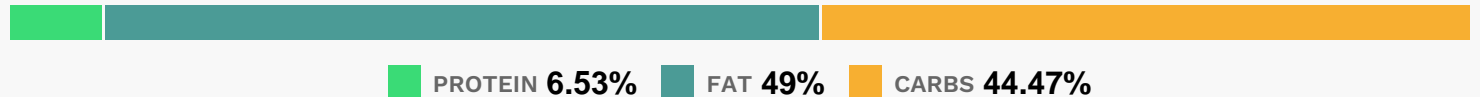
Equipment

- bowl
- frying pan

Directions

- Press crushed cookies into the bottom of a 9x13 inch pan, reserving a few for decoration. In a medium bowl, beat together the cream cheese and confectioners' sugar. Stir in the peanut butter until well blended, then fold in the whipped topping.
- Spread over the crushed cookie base, sprinkle the remaining cookie chunks on top, and freeze for 1 to 2 hours. Thaw 10 to 15 minutes before cutting and serving.

Nutrition Facts



Properties

Glycemic Index:1.14, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:2.3234782659489%

Nutrients (% of daily need)

Calories: 132.17kcal (6.61%), Fat: 7.43g (11.42%), Saturated Fat: 3.26g (20.37%), Carbohydrates: 15.16g (5.05%), Net Carbohydrates: 14.71g (5.35%), Sugar: 12.26g (13.63%), Cholesterol: 6.55mg (2.18%), Sodium: 75.64mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.23g (4.46%), Manganese: 0.13mg (6.25%), Iron: 0.92mg (5.11%), Vitamin E: 0.76mg (5.04%), Vitamin B3: 0.9mg (4.52%), Phosphorus: 38.15mg (3.82%), Magnesium: 13.45mg (3.36%), Vitamin B2: 0.05mg (2.96%), Folate: 9.54µg (2.38%), Copper: 0.05mg (2.37%), Vitamin K: 2.28µg (2.17%), Selenium: 1.38µg (1.97%), Potassium: 63.91mg (1.83%), Vitamin A: 91.73IU (1.83%), Fiber: 0.45g (1.81%), Calcium: 16.92mg (1.69%), Vitamin B1: 0.02mg (1.59%), Vitamin B6: 0.03mg (1.54%), Zinc: 0.23mg (1.52%), Vitamin B5: 0.11mg (1.13%)