



## OREO Crunch Parfait

READY IN



25 min.

SERVINGS



25

CALORIES



25 kcal

### Ingredients

- 8 oreo cookies crushed
- 2 cups strawberries fresh sliced ( 16)
- 0.5 cup cool whip whipped topping thawed

### Equipment

### Directions

- Layer half each of the ingredients in 4 (8-oz.) glasses.
- Repeat layers.
- Refrigerate 15 min.

# Nutrition Facts

PROTEIN 4.99% FAT 33.61% CARBS 61.4%

## Properties

Glycemic Index:1.6, Glycemic Load:0.26, Inflammation Score:-1, Nutrition Score:1.1630434746975%

## Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.86mg, Pelargonidin: 2.86mg, Pelargonidin: 2.86mg, Pelargonidin: 2.86mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 24.86kcal (1.24%), Fat: 0.96g (1.48%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 3.97g (1.32%), Net Carbohydrates: 3.62g (1.32%), Sugar: 2.48g (2.76%), Cholesterol: 0.03mg (0.01%), Sodium: 16.09mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.32g (0.64%), Vitamin C: 6.77mg (8.21%), Manganese: 0.07mg (3.53%), Iron: 0.51mg (2.85%), Fiber: 0.34g (1.37%), Folate: 5.15µg (1.29%), Vitamin K: 1.35µg (1.29%)