



## OREO Crunch Sundae

READY IN



5 min.

SERVINGS



5

CALORIES



53 kcal

### Ingredients

- 1 maraschino cherry
- 2 oreo cookies crushed
- 0.5 cup whipped cream
- 1 Tbsp cool whip whipped topping thawed

### Equipment

### Directions

- Scoop ice cream into dessert dish.
- Top with remaining ingredients.

# Nutrition Facts

PROTEIN 5.49% FAT 41.49% CARBS 53.02%

## Properties

Glycemic Index:12.2, Glycemic Load:1.84, Inflammation Score:-1, Nutrition Score:1.1247826001566%

## Nutrients (% of daily need)

Calories: 53.26kcal (2.66%), Fat: 2.49g (3.83%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 6.89g (2.51%), Sugar: 5.35g (5.95%), Cholesterol: 5.83mg (1.94%), Sodium: 29.87mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.74g (1.48%), Iron: 0.6mg (3.32%), Vitamin B2: 0.04mg (2.58%), Calcium: 19.08mg (1.91%), Phosphorus: 19.02mg (1.9%), Manganese: 0.03mg (1.69%), Vitamin K: 1.4µg (1.33%), Vitamin A: 56.78IU (1.14%), Potassium: 38.62mg (1.1%), Vitamin E: 0.16mg (1.09%), Magnesium: 4.21mg (1.05%), Fiber: 0.26g (1.05%), Copper: 0.02mg (1.03%)