



READY IN



5 min.

SERVINGS



4

CALORIES



359 kcal

DESSERT

BEVERAGE

DRINK

Ingredients

- 2 Tbsp chocolate syrup
- 1 Tbsp espresso powder instant
- 0.8 cup milk
- 9 oreo cookies divided
- 2 cups whipped cream
- 0.3 cup cool whip whipped topping thawed

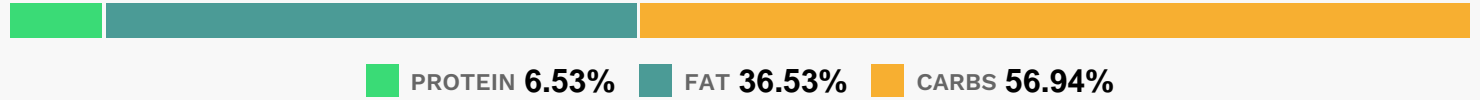
Equipment

- blender

Directions

- Crush 1 of the cookies into fine crumbs; set aside.
- Place milk, chocolate syrup, ice cream, espresso powder and remaining 8 cookies in blender container; cover. Blend until smooth.
- Pour evenly into 4 glasses; top with whipped topping and the reserved cookie crumbs.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:10.03, Inflammation Score:-4, Nutrition Score:8.6682609060536%

Nutrients (% of daily need)

Calories: 358.67kcal (17.93%), Fat: 14.72g (22.65%), Saturated Fat: 7.49g (46.82%), Carbohydrates: 51.63g (17.21%), Net Carbohydrates: 49.87g (18.14%), Sugar: 37.97g (42.19%), Cholesterol: 34.62mg (11.54%), Sodium: 192.82mg (8.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 41.77mg (13.92%), Protein: 5.92g (11.84%), Iron: 3.8mg (21.1%), Vitamin B2: 0.3mg (17.69%), Phosphorus: 173.03mg (17.3%), Calcium: 154.24mg (15.42%), Manganese: 0.29mg (14.3%), Magnesium: 44.51mg (11.13%), Copper: 0.21mg (10.39%), Potassium: 355.81mg (10.17%), Vitamin B12: 0.51µg (8.56%), Vitamin K: 8µg (7.62%), Vitamin B1: 0.11mg (7.24%), Vitamin A: 355.98IU (7.12%), Fiber: 1.75g (7.01%), Zinc: 0.99mg (6.63%), Vitamin B5: 0.64mg (6.39%), Vitamin B3: 1.25mg (6.23%), Vitamin E: 0.92mg (6.1%), Selenium: 4µg (5.72%), Folate: 20.3µg (5.08%), Vitamin D: 0.64µg (4.23%), Vitamin B6: 0.07mg (3.41%)