



OREO Frosty Parfaits

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



67 kcal

Ingredients

- 0.5 cup cool whip free whipped topping thawed
- 2 cups orange sherbet
- 8 reduced fat oreo cookies chopped

Equipment

Directions

- Scoop 1/4 cup of the sherbet into each of four dessert dishes; sprinkle each with 1 Tbsp. of the chopped cookies.

Top each with second scoop of sherbet and 2 Tbsp. of the whipped topping.

Sprinkle evenly with remaining chopped cookies.

Nutrition Facts

 **PROTEIN 5.4%**  **FAT 26.39%**  **CARBS 68.21%**

Properties

Glycemic Index:4.25, Glycemic Load:1.44, Inflammation Score:-2, Nutrition Score:3.2260869145393%

Flavonoids

Hesperetin: 9.81mg, Hesperetin: 9.81mg, Hesperetin: 9.81mg, Hesperetin: 9.81mg Naringenin: 5.52mg, Naringenin: 5.52mg, Naringenin: 5.52mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 67.05kcal (3.35%), Fat: 2.06g (3.18%), Saturated Fat: 0.66g (4.1%), Carbohydrates: 12g (4%), Net Carbohydrates: 10.84g (3.94%), Sugar: 7.87g (8.75%), Cholesterol: 0.6mg (0.2%), Sodium: 39.95mg (1.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin C: 19.15mg (23.21%), Iron: 1.2mg (6.66%), Fiber: 1.16g (4.63%), Folate: 17.29µg (4.32%), Vitamin B1: 0.06mg (3.72%), Manganese: 0.07mg (3.7%), Vitamin B2: 0.06mg (3.56%), Potassium: 91.67mg (2.62%), Vitamin K: 2.64µg (2.52%), Copper: 0.05mg (2.45%), Magnesium: 8.41mg (2.1%), Calcium: 20.47mg (2.05%), Vitamin E: 0.31mg (2.04%), Vitamin B3: 0.36mg (1.82%), Vitamin A: 87.75IU (1.76%), Phosphorus: 16.52mg (1.65%), Vitamin B6: 0.03mg (1.42%), Vitamin B5: 0.12mg (1.19%), Selenium: 0.79µg (1.13%)