



OREO Mint Tarts

READY IN



290 min.

SERVINGS



50

CALORIES



60 kcal

Ingredients

- 2 Tbsp cră©me de cocoa
- 0.3 cup cră©me de menthe
- 0.3 cup butter melted
- 2 cups marshmallows jet-puffed miniature
- 0.7 cup milk
- 2 cups oreo cookies crushed finely
- 2 cups cool whip whipped topping thawed

Equipment

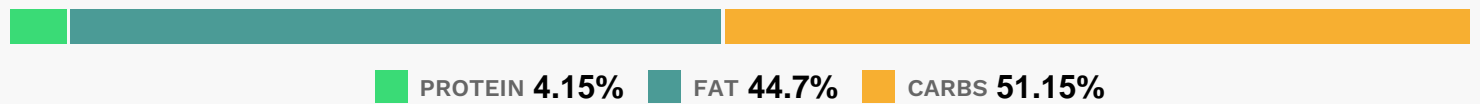
- sauce pan

- whisk
- muffin liners

Directions

- Mix cookie crumbs and margarine; press 2 Tbsp. onto bottom and up side of each of 12 paper-lined muffin cups. Refrigerate until ready to use.
- Cook marshmallows and milk in large saucepan on medium heat until marshmallows are completely melted and mixture is well blended, stirring constantly with whisk. Stir in liqueurs.
- Remove from heat; cool. Gently stir in COOL WHIP; spoon into prepared cups.
- Freeze 4 hours or until firm.
- Remove and discard paper liners before serving.

Nutrition Facts



Properties

Glycemic Index:1.97, Glycemic Load:1.04, Inflammation Score:-1, Nutrition Score:1.1017391228158%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 60.48kcal (3.02%), Fat: 2.97g (4.58%), Saturated Fat: 1.03g (6.45%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 7.39g (2.69%), Sugar: 5.12g (5.68%), Cholesterol: 0.45mg (0.15%), Sodium: 44.2mg (1.92%), Alcohol: 0.35g (100%), Alcohol %: 2.54% (100%), Protein: 0.62g (1.24%), Iron: 0.81mg (4.52%), Manganese: 0.05mg (2.62%), Vitamin K: 1.86µg (1.78%), Copper: 0.03mg (1.64%), Vitamin E: 0.22mg (1.48%), Vitamin B2: 0.02mg (1.38%), Phosphorus: 13.55mg (1.36%), Vitamin A: 61.75IU (1.24%), Magnesium: 4.77mg (1.19%), Fiber: 0.27g (1.07%), Vitamin B1: 0.02mg (1.02%), Folate: 4.1µg (1.02%)