



## OREO Sand & Dirt Cups

READY IN



75 min.

SERVINGS



15

CALORIES



450 kcal

### Ingredients

- 16 chewy fruit snacks worm-shaped
- 3.9 oz jell-o chocolate flavor pudding instant
- 3.4 oz jell-o vanilla flavor pudding instant
- 4 cups milk cold divided
- 20 oreo cookies crushed finely
- 1 cup cool whip whipped topping divided thawed

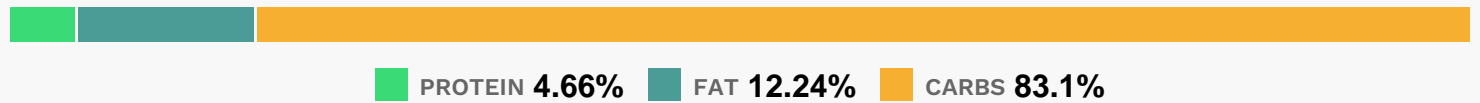
### Equipment

- bowl

## Directions

- Prepare vanilla and chocolate pudding mixes separately with milk as directed on packages.
- Let stand 5 min. Stir 1/2 cup COOL WHIP into each bowl of pudding.
- Spoon 1 Tbsp. cookie crumbs into each of 8 (6-oz.) dessert cups; top with layers of 1/4 cup vanilla pudding, 1 Tbsp. cookie crumbs and 1/4 cup chocolate pudding.
- Sprinkle with remaining cookie crumbs. Refrigerate 1 hour.
- Insert 2 fruit snacks into top of each dessert just before serving.

## Nutrition Facts



## Properties

Glycemic Index:2.53, Glycemic Load:1.15, Inflammation Score:-8, Nutrition Score:12.446521759033%

## Nutrients (% of daily need)

Calories: 450.3kcal (22.51%), Fat: 6.44g (9.91%), Saturated Fat: 2.79g (17.46%), Carbohydrates: 98.39g (32.8%), Net Carbohydrates: 89.94g (32.7%), Sugar: 74.92g (83.25%), Cholesterol: 7.91mg (2.64%), Sodium: 260.54mg (11.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.03%), Fiber: 8.45g (33.79%), Vitamin A: 1559.03IU (31.18%), Vitamin K: 26.93µg (25.65%), Copper: 0.44mg (22.1%), Iron: 3.53mg (19.61%), Potassium: 585.97mg (16.74%), Vitamin B2: 0.25mg (14.85%), Phosphorus: 147.33mg (14.73%), Manganese: 0.27mg (13.41%), Vitamin C: 10.56mg (12.8%), Vitamin B3: 2.39mg (11.94%), Calcium: 112.15mg (11.21%), Magnesium: 42.99mg (10.75%), Vitamin B1: 0.13mg (8.49%), Vitamin B6: 0.12mg (6.1%), Vitamin B12: 0.36µg (6.02%), Zinc: 0.87mg (5.79%), Folate: 19.73µg (4.93%), Vitamin B5: 0.49mg (4.89%), Vitamin D: 0.72µg (4.77%), Selenium: 2.43µg (3.47%), Vitamin E: 0.46mg (3.05%)