



## OREO® Eggnog

READY IN



10 min.

SERVINGS



10

CALORIES



206 kcal

BEVERAGE

DRINK

### Ingredients

- 4 cups eggnog prepared
- 18 oreo cookies divided
- 1 cup cool whip whipped topping thawed

### Equipment

- blender

### Directions

- Place eggnog and 10 cookies in blender container; cover. Blend until smooth.

Pour into 8 glasses; top evenly with the whipped topping.

Serve each topped with 1 of the remaining 8 cookies.

## Nutrition Facts

 **PROTEIN 11.41%**  **FAT 40.27%**  **CARBS 48.32%**

### Properties

Glycemic Index:5.5, Glycemic Load:4.5, Inflammation Score:-3, Nutrition Score:6.6239129823187%

### Nutrients (% of daily need)

Calories: 206.43kcal (10.32%), Fat: 9.37g (14.41%), Saturated Fat: 4.7g (29.37%), Carbohydrates: 25.28g (8.43%), Net Carbohydrates: 24.66g (8.97%), Sugar: 18.74g (20.82%), Cholesterol: 60.09mg (20.03%), Sodium: 144.07mg (6.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.95%), Iron: 2.82mg (15.69%), Vitamin B2: 0.25mg (14.78%), Calcium: 141.94mg (14.19%), Phosphorus: 136.38mg (13.64%), Vitamin D: 1.22µg (8.13%), Selenium: 5.57µg (7.96%), Vitamin B12: 0.47µg (7.87%), Manganese: 0.15mg (7.58%), Magnesium: 29.98mg (7.5%), Potassium: 225.76mg (6.45%), Vitamin K: 6.46µg (6.16%), Vitamin B1: 0.08mg (5.24%), Vitamin E: 0.78mg (5.23%), Vitamin B5: 0.49mg (4.88%), Vitamin A: 215.28IU (4.31%), Copper: 0.09mg (4.31%), Zinc: 0.63mg (4.23%), Folate: 14.42µg (3.6%), Vitamin B3: 0.68mg (3.38%), Vitamin B6: 0.06mg (2.86%), Fiber: 0.63g (2.51%), Vitamin C: 1.52mg (1.85%)