



Peanut Butter-Striped Delight

READY IN



280 min.

SERVINGS



40

CALORIES



150 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 6 Tbsp butter melted
- 8 oz philadelphia cream cheese softened
- 0.3 cup creamy peanut butter
- 6.8 oz jell-o vanilla flavor pudding instant
- 3 cups milk cold divided
- 3 cups oreo cookies divided crushed finely
- 0.3 cup sugar
- 8 oz cool whip whipped topping divided thawed

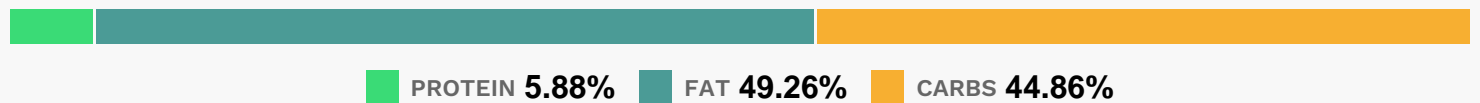
Equipment

- bowl
- whisk
- blender

Directions

- Reserve 1/4 cup cookie crumbs for later use.
- Combine remaining cookie crumbs with butter; press onto bottom of 13x9-inch dish. Refrigerate 10 min.
- Beat cream cheese, sugar and 2 Tbsp. milk in medium bowl with mixer until blended.
- Add 1-1/4 cups COOL WHIP; mix well.
- Spread over crust.
- Beat pudding mixes and remaining milk in separate bowl with whisk 2 min.
- Add peanut butter; mix well.
- Spread over cream cheese layer.
- Let stand 5 min. or until thickened.
- Spread remaining COOL WHIP over dessert; sprinkle with reserved cookie crumbs. Refrigerate 4 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:4.98, Glycemic Load:1.34, Inflammation Score:-2, Nutrition Score:2.9152173995972%

Nutrients (% of daily need)

Calories: 150.39kcal (7.52%), Fat: 8.42g (12.95%), Saturated Fat: 4.12g (25.75%), Carbohydrates: 17.26g (5.75%), Net Carbohydrates: 16.78g (6.1%), Sugar: 12.61g (14.02%), Cholesterol: 12.62mg (4.21%), Sodium: 128.93mg (5.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Iron: 1.51mg (8.37%), Manganese: 0.11mg (5.73%), Phosphorus: 47.8mg (4.78%), Vitamin B2: 0.08mg (4.57%), Vitamin E: 0.63mg (4.19%), Calcium: 36.37mg (3.64%),

Vitamin K: 3.8µg (3.62%), Vitamin A: 163.46IU (3.27%), Vitamin B3: 0.63mg (3.14%), Magnesium: 12.42mg (3.1%),
Vitamin B1: 0.04mg (2.63%), Copper: 0.05mg (2.6%), Selenium: 1.76µg (2.51%), Folate: 9.91µg (2.48%), Potassium:
82.37mg (2.35%), Vitamin B12: 0.13µg (2.1%), Fiber: 0.48g (1.92%), Zinc: 0.26mg (1.7%), Vitamin B5: 0.16mg (1.62%),
Vitamin B6: 0.03mg (1.39%), Vitamin D: 0.2µg (1.34%)