



## Snowman Cups

READY IN



15 min.

SERVINGS



10

CALORIES



324 kcal

SIDE DISH

### Ingredients

- 7.8 oz jell-o chocolate flavor pudding instant
- 4 cups milk cold
- 2 cups oreo cookies divided crushed
- 2 cups cool whip whipped topping thawed
- 10 servings decorating gels assorted
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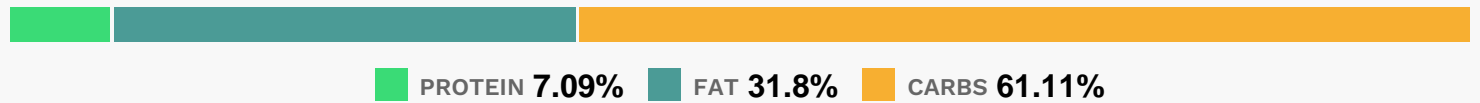
### Equipment

- whisk

## Directions

- Beat pudding mixes and milk with whisk 2 min.
- Let stand 5 min. Stir in 1 cup cookie crumbs.
- Spoon remaining cookie crumbs into 10 (6- to 7-oz.) paper or plastic cups; cover with pudding mixture.
- Drop spoonfuls of COOL WHIP onto desserts to resemble snowmen. Decorate with gels for the eyes, noses and scarves.

## Nutrition Facts



## Properties

Glycemic Index:3.8, Glycemic Load:1.73, Inflammation Score:-3, Nutrition Score:8.2343477995499%

## Nutrients (% of daily need)

Calories: 324.23kcal (16.21%), Fat: 11.62g (17.88%), Saturated Fat: 5.5g (34.38%), Carbohydrates: 50.25g (16.75%), Net Carbohydrates: 48.53g (17.65%), Sugar: 36.26g (40.29%), Cholesterol: 12.01mg (4%), Sodium: 488.04mg (21.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.15mg (1.05%), Protein: 5.83g (11.65%), Iron: 4.17mg (23.18%), Phosphorus: 155.36mg (15.54%), Manganese: 0.3mg (15.1%), Calcium: 140.07mg (14.01%), Vitamin B2: 0.24mg (13.91%), Magnesium: 37.75mg (9.44%), Vitamin K: 9.87µg (9.4%), Copper: 0.19mg (9.38%), Vitamin B12: 0.56µg (9.28%), Potassium: 288.62mg (8.25%), Vitamin B1: 0.12mg (8.19%), Vitamin D: 1.07µg (7.16%), Fiber: 1.72g (6.9%), Selenium: 4.43µg (6.33%), Vitamin E: 0.93mg (6.2%), Zinc: 0.79mg (5.26%), Folate: 20.63µg (5.16%), Vitamin B3: 1mg (5.01%), Vitamin B5: 0.47mg (4.66%), Vitamin B6: 0.07mg (3.63%), Vitamin A: 169.85IU (3.4%)