

Oreo Supreme

Nora Tierney

Church of St Peter, Mendota, MN - Our Favorite Recipes, September, 2003

1 large package Oreo cookies
1 stick margarine
1 can Hershey's chocolate syrup
1/2 gallon peppermint bonbon ice cream
1 small carton Cool Whip

In a bowl, crush the cookies and add the margarine. Mix thoroughly.

Pat the mixture into a 9x13-inch pan. Freeze for one hour.

Soften the ice cream and spread on top of the frozen cookie crumbs. Freeze again.

Pour the Hershey's syrup over the top and freeze again.

Spread the Cool Whip on top. Replace in the freezer until serving time.

Butter Brickle ice cream with caramel or butterscotch topping is good used in place of the peppermint ice cream and chocolate syrup.

Per Serving (excluding unknown items): 812 Calories; 91g Fat (99.0% calories from fat); 1g Protein; 1g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 1066mg Sodium. Exchanges: 18 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	812
% Calories from Fat:	99.0%
% Calories from Carbohydrates:	0.5%
% Calories from Protein:	0.5%
Total Fat (g):	91g
Saturated Fat (g):	16g
Monounsaturated Fat (g):	44g
Polyunsaturated Fat (g):	27g
Cholesterol (mg):	0mg
Carbohydrate (g):	1g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 0g
Protein (g): 1g
Sodium (mg): 1066mg
Potassium (mg): 48mg
Calcium (mg): 34mg
Iron (mg): 0mg
Zinc (mg): 0mg
Vitamin C (mg): trace
Vitamin A (i.u.): 4035IU
Vitamin A (r.e.): 903RE

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 18
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 812 Calories from Fat: 804

% Daily Values*

Total Fat 91g 140%
Saturated Fat 16g 79%
Cholesterol 0mg 0%
Sodium 1066mg 44%
Total Carbohydrates 1g 0%
Dietary Fiber 0g 0%
Protein 1g

Vitamin A 81%
Vitamin C 0%
Calcium 3%
Iron 0%

* Percent Daily Values are based on a 2000 calorie diet.