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Tall Mint Oreo Concrete Mixer ♦♦

The Tall Mint Oreo Concrete Mixer is a delicious frozen dessert that combines the refreshing flavors of mint and the crunch of Oreo cookies. It is a popular treat enjoyed by people of all ages.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

300 g mint ice cream

200 g oreo cookies

Directions

Step 1

Take the mint ice cream out of the freezer and let it soften for a few minutes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Crush the Oreo cookies into small pieces.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, mix the softened mint ice cream and crushed Oreo cookies until well combined.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 3 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	1 g	2.63%	4%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	2 mg	0.06%	0.08%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Mediterranean Diet

Vegetarian Diet

Course

Desserts

Drinks

Cultural

Chinese New Year

Cinco de Mayo

Christmas

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Cooking Method

Frying

Boiling

Simmering

Meal Type

Brunch

Supper

Difficulty Level

Medium

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