



## Awesome Sundae Pie

 Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



8

CALORIES



372 kcal

### Ingredients

- 1 Tbsp butter
- 0.8 cup baker's angel flake coconut
- 4 cups ice cream softened
- 3 maraschino cherries
- 0.8 cup planters pecans toasted finely chopped
- 4 oz baker's semi-sweet chocolate (6 oz.)
- 1 cup cool whip whipped topping thawed

### Equipment

- bowl

aluminum foil

microwave

## Directions

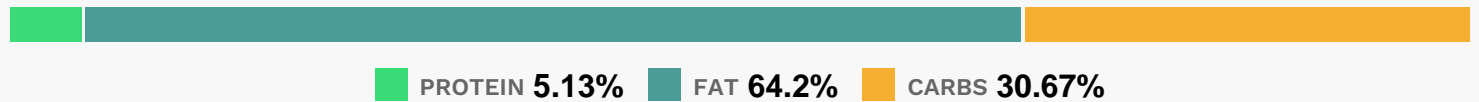
Line 9-inch pie plate with foil; lightly grease foil. Microwave chocolate and butter in large microwaveable bowl on HIGH 1-1/2 min. or until butter is melted, stirring after 1 minute. Stir until chocolate is completely melted. Stir in pecans and coconut.

Spread evenly onto bottom and up side of prepared pie plate.

Refrigerate 1 hour or until firm. Lift crust out of pie plate. Carefully peel off foil. Return crust to pie plate or place on serving plate. Fill with scoops of the ice cream; cover.

Freeze 2 hours or until firm. Top with whipped topping and cherries just before serving. Store leftover pie in freezer.

## Nutrition Facts



## Properties

Glycemic Index:8.88, Glycemic Load:9.26, Inflammation Score:-4, Nutrition Score:8.638695758322%

## Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg, Catechin: 0.67mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

## Nutrients (% of daily need)

Calories: 372.1kcal (18.6%), Fat: 27.16g (41.78%), Saturated Fat: 14.09g (88.06%), Carbohydrates: 29.2g (9.73%), Net Carbohydrates: 25.35g (9.22%), Sugar: 23.09g (25.66%), Cholesterol: 30.08mg (10.03%), Sodium: 80.49mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 12.19mg (4.06%), Protein: 4.88g (9.76%), Manganese: 0.83mg (41.49%), Copper: 0.37mg (18.53%), Phosphorus: 155.68mg (15.57%), Fiber: 3.85g (15.38%), Magnesium: 53.37mg (13.34%), Vitamin B2: 0.19mg (11.44%), Calcium: 110.03mg (11%), Zinc: 1.43mg (9.51%), Potassium: 303.63mg (8.68%), Iron: 1.47mg (8.18%), Vitamin A: 360.52IU (7.21%), Vitamin B1: 0.1mg (6.65%), Selenium: 4.43µg (6.33%), Vitamin B5: 0.57mg (5.72%), Vitamin B12: 0.3µg (5.06%), Vitamin B6: 0.08mg (4.1%), Vitamin E: 0.55mg (3.66%), Vitamin K: 1.9µg (1.81%), Vitamin B3: 0.36mg (1.81%), Folate: 6.36µg (1.59%)