



Berry Cookies-and-Cream Ice Cream Pie

READY IN



10 min.

SERVINGS



10

CALORIES



255 kcal

DESSERT

Ingredients

- 1 a chocolate cookie crust homemade
- 4 oz cookies-and-cream chocolate bars white such as dove, chopped
- 2 tablespoons chocolate syrup
- 0.8 cup heavy cream
- 1 cup raspberries
- 2 pints raspberry sorbet softened
- 2 tablespoons sugar

Equipment

bowl

Directions

Spoon sorbet into a bowl; fold in white chocolate.

Spread in crust; drizzle with chocolate syrup. Freeze until firm, at least 1 hour.

Just before serving, whip cream with sugar until soft peaks form. Dollop whipped cream over top of pie and garnish with berries.

Nutrition Facts



PROTEIN 5.19% **FAT 30.84%** **CARBS 63.97%**

Properties

Glycemic Index:14.56, Glycemic Load:5.75, Inflammation Score:-2, Nutrition Score:3.10999999909816%

Flavonoids

Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg, Cyanidin: 5.49mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 254.51kcal (12.73%), Fat: 8.69g (13.37%), Saturated Fat: 4.62g (28.85%), Carbohydrates: 40.55g (13.52%), Net Carbohydrates: 37.48g (13.63%), Sugar: 27.7g (30.78%), Cholesterol: 20.4mg (6.8%), Sodium: 137.86mg (5.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.58%), Fiber: 3.07g (12.29%), Manganese: 0.18mg (8.76%), Vitamin A: 267.72IU (5.35%), Copper: 0.09mg (4.31%), Vitamin B2: 0.07mg (4.18%), Vitamin C: 3.26mg (3.95%), Iron: 0.65mg (3.59%), Phosphorus: 34.17mg (3.42%), Magnesium: 12.56mg (3.14%), Vitamin E: 0.35mg (2.34%), Folate: 8.74µg (2.19%), Vitamin B3: 0.42mg (2.12%), Vitamin B1: 0.03mg (2.08%), Potassium: 68.14mg (1.95%), Vitamin D: 0.29µg (1.9%), Calcium: 18.9mg (1.89%), Selenium: 1.28µg (1.83%), Vitamin K: 1.8µg (1.71%), Zinc: 0.25mg (1.65%), Vitamin B5: 0.13mg (1.29%)