



Blueberry Ice Cream Tart

READY IN



15 min.

SERVINGS



12

CALORIES



362 kcal

Ingredients

- 21 ounces blueberry filling canned
- 0.3 cup butter melted
- 1 teaspoon ground cinnamon
- 1 quart whipped cream softened
- 1.5 cups vanilla wafers crushed (45 wafers)

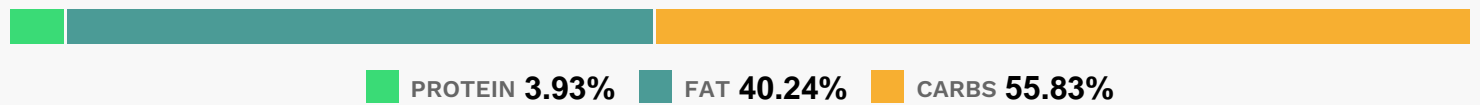
Equipment

- bowl
- frying pan
- springform pan

Directions

- In a small bowl, combine wafer crumbs and cinnamon; stir in butter. Press onto the bottom of a greased 9-in. springform pan; set aside.
- Place ice cream in a large bowl; gently fold in pie filling.
- Spread over crust. Cover and freeze until firm.
- Remove from the freezer 10 minutes before serving.
- Remove sides of pan.

Nutrition Facts



Properties

Glycemic Index:16.08, Glycemic Load:18.61, Inflammation Score:-3, Nutrition Score:5.1704347962918%

Nutrients (% of daily need)

Calories: 362.19kcal (18.11%), Fat: 16.28g (25.05%), Saturated Fat: 9.38g (58.63%), Carbohydrates: 50.83g (16.94%), Net Carbohydrates: 48.71g (17.71%), Sugar: 39.82g (44.25%), Cholesterol: 48.39mg (16.13%), Sodium: 164.88mg (7.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.15%), Vitamin B2: 0.24mg (14.12%), Calcium: 117.52mg (11.75%), Vitamin A: 500.99IU (10.02%), Phosphorus: 96.15mg (9.62%), Fiber: 2.12g (8.49%), Manganese: 0.14mg (7.1%), Vitamin B1: 0.1mg (6.79%), Potassium: 227.77mg (6.51%), Vitamin B12: 0.32µg (5.3%), Vitamin B5: 0.51mg (5.11%), Folate: 16.74µg (4.18%), Magnesium: 16.23mg (4.06%), Zinc: 0.6mg (4.02%), Copper: 0.07mg (3.71%), Vitamin E: 0.5mg (3.34%), Iron: 0.48mg (2.68%), Vitamin B6: 0.05mg (2.63%), Vitamin K: 2.66µg (2.54%), Vitamin B3: 0.5mg (2.49%), Selenium: 1.69µg (2.41%), Vitamin D: 0.16µg (1.05%)