



Caramel-Toffee-Ice Cream Pie

READY IN



45 min.

SERVINGS



10

CALORIES



228 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2.8 ounce milk chocolate butter toffee bars divided crisp coarsely chopped such as Hershey's Skor
- ☐ 0.5 cup caramel sundae syrup fat-free divided
- ☐ 1.5 cups chocolate graham cracker crumbs 10 sheets
- ☐ 1 large egg white
- ☐ 2 tablespoons sugar
- ☐ 4 cups whipped cream fat-free divided

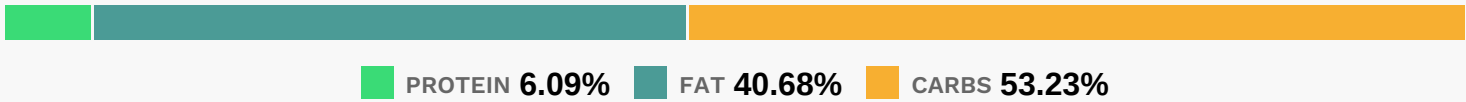
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 37
- ☐ Combine graham cracker crumbs, sugar, butter, and egg white in a large bowl; stir well. Press crumb mixture into a 9-inch pie plate coated with cooking spray.
- ☐ Bake at 375 for 8 minutes; cool on a wire rack. Cover and freeze 30 minutes.
- ☐ Place ice cream in refrigerator 30 minutes to soften.
- ☐ Spread 2 2/3 cups ice cream into crust, covering bottom.
- ☐ Sprinkle with half of toffee; drizzle with half of syrup. Spoon remaining 1 1/3 cups ice cream over syrup; sprinkle with remaining toffee bar; drizzle with remaining syrup.
- ☐ Cover and freeze 6 hours or until firm.
- ☐ Place pie in refrigerator 20 minutes before serving to soften.

Nutrition Facts



Properties

Glycemic Index:21.21, Glycemic Load:9.17, Inflammation Score:-2, Nutrition Score:2.6769565136536%

Nutrients (% of daily need)

Calories: 228.25kcal (11.41%), Fat: 10.45g (16.07%), Saturated Fat: 5.57g (34.83%), Carbohydrates: 30.75g (10.25%), Net Carbohydrates: 30.38g (11.05%), Sugar: 23.78g (26.42%), Cholesterol: 30.13mg (10.04%), Sodium: 157.6mg (6.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.04%), Vitamin B2: 0.16mg (9.19%), Calcium: 83.18mg (8.32%), Phosphorus: 67.76mg (6.78%), Vitamin A: 315.53IU (6.31%), Vitamin B12: 0.27µg (4.51%), Potassium: 129.35mg (3.7%), Vitamin B5: 0.36mg (3.64%), Selenium: 2.09µg (2.99%), Zinc: 0.4mg (2.65%), Magnesium: 9.17mg (2.29%), Vitamin B1: 0.03mg (1.71%), Vitamin E: 0.23mg (1.56%), Fiber: 0.37g (1.48%), Vitamin B6: 0.03mg (1.42%), Vitamin D: 0.21µg (1.39%)