



## Celebration Bombe

READY IN



520 min.

SERVINGS



16

CALORIES



341 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup baker's angel flake coconut
- 1 pkg jell-o chocolate flavor pudding instant (4-serving size)
- 0.5 cup butter melted (1 stick)
- 2 cups milk cold
- 10 oz square shortbread cookies crushed finely
- 1 qt strawberry ice cream softened
- 8 oz cool whip whipped topping divided thawed

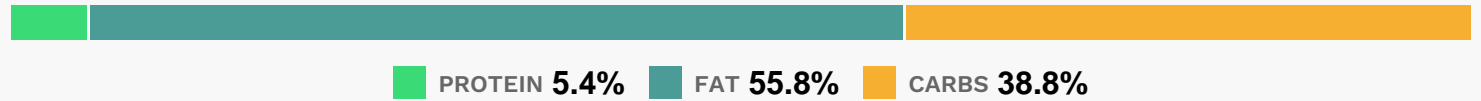
## Equipment

- bowl
- whisk
- aluminum foil

## Directions

- Mix cookie crumbs, coconut and margarine; press firmly onto bottom and up side of 2-1/2-qt. foil-lined bowl. Freeze 10 min. Meanwhile, pour milk into medium bowl.
- Add dry pudding mix. Beat with wire whisk until well blended. Gently stir in 2 cups of the whipped topping.
- Spread ice cream evenly onto bottom and up side of prepared bowl; fill with pudding mixture.
- Freeze overnight. Unmold dessert onto serving plate about 15 min. before serving.
- Let stand at room temperature to soften slightly. Decorate with remaining whipped topping.
- Garnish with a fresh strawberry, if desired.
- Cut into 16 wedges to serve. Store leftover dessert in freezer.

## Nutrition Facts



## Properties

Glycemic Index:6.38, Glycemic Load:7.63, Inflammation Score:-4, Nutrition Score:6.5091304157091%

## Nutrients (% of daily need)

Calories: 340.99kcal (17.05%), Fat: 21.58g (33.21%), Saturated Fat: 10.9g (68.12%), Carbohydrates: 33.77g (11.26%), Net Carbohydrates: 32.14g (11.69%), Sugar: 9.07g (10.08%), Cholesterol: 21.1mg (7.03%), Sodium: 189.58mg (8.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Vitamin B2: 0.27mg (15.84%), Manganese: 0.27mg (13.46%), Phosphorus: 124.76mg (12.48%), Calcium: 124.38mg (12.44%), Vitamin A: 518.15IU (10.36%), Vitamin B1: 0.11mg (7.53%), Fiber: 1.63g (6.52%), Vitamin B5: 0.64mg (6.42%), Vitamin B12: 0.38µg (6.29%), Potassium: 218.83mg (6.25%), Selenium: 4.13µg (5.89%), Vitamin C: 4.65mg (5.63%), Folate: 22.43µg (5.61%), Magnesium: 20.44mg (5.11%), Vitamin E: 0.76mg (5.08%), Iron: 0.84mg (4.69%), Copper: 0.08mg (4.1%), Vitamin B6: 0.08mg (4.01%), Vitamin B3: 0.76mg (3.81%), Zinc: 0.53mg (3.56%), Vitamin K: 2.51µg (2.39%), Vitamin D: 0.34µg (2.24%)