



Cherry-Chocolate Ice Cream Pie

READY IN



160 min.

SERVINGS



8

CALORIES



454 kcal

DESSERT

Ingredients

- ☐ 15 crème-filled chocolate sandwich cookies crumbled
- ☐ 0.3 cup butter melted
- ☐ 0.8 cup topping hot room temperature ()
- ☐ 4 cups whipped cream softened
- ☐ 0.3 cup sugar
- ☐ 1 tablespoon cornstarch
- ☐ 0.5 cup water
- ☐ 2 tablespoons cranberry juice cocktail concentrate frozen
- ☐ 2 cups cherries dark fresh sweet pitted halved

☐ 1 tablespoon maraschino liqueur

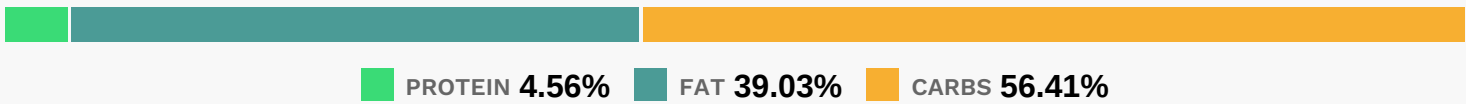
Equipment

- ☐ food processor
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat oven to 375°F. In food processor, place crumbled cookies. Cover; process 10 to 15 seconds or until finely crushed.
- ☐ Add melted butter. Cover; process 5 to 10 seconds or until mixed. Press in bottom and up side of ungreased 9-inch pie plate.
- ☐ Bake 8 to 10 minutes or until set. Cool completely, about 30 minutes.
- ☐ Stir hot fudge topping until smooth. Carefully spread over bottom of crust. Freeze 30 minutes.
- ☐ Spread ice cream over hot fudge topping. Cover; freeze at least 1 hour until firm.
- ☐ Meanwhile, in 2-quart saucepan, mix sugar, cornstarch, water and frozen juice concentrate.
- ☐ Heat to boiling over medium heat, stirring occasionally. Stir in cherries; reduce heat. Simmer 5 minutes. Stir in liqueur. Cool completely, about 30 minutes.
- ☐ Let pie stand 10 minutes before cutting.
- ☐ Serve sauce over slices of frozen pie.

Nutrition Facts



Properties

Glycemic Index:19.14, Glycemic Load:14.64, Inflammation Score:-5, Nutrition Score:8.16999999570847%

Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.12mg,

Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 453.71kcal (22.69%), Fat: 19.89g (30.61%), Saturated Fat: 8.08g (50.53%), Carbohydrates: 64.7g (21.57%), Net Carbohydrates: 62.05g (22.56%), Sugar: 45.89g (50.99%), Cholesterol: 29.33mg (9.77%), Sodium: 306.64mg (13.33%), Alcohol: 0.76g (100%), Alcohol %: 0.52% (100%), Caffeine: 3.12mg (1.04%), Protein: 5.23g (10.45%), Iron: 3.3mg (18.31%), Vitamin B2: 0.25mg (14.96%), Manganese: 0.29mg (14.68%), Phosphorus: 127.06mg (12.71%), Vitamin E: 1.75mg (11.65%), Vitamin A: 555.96IU (11.12%), Calcium: 110.72mg (11.07%), Copper: 0.21mg (10.71%), Fiber: 2.65g (10.61%), Potassium: 346.47mg (9.9%), Magnesium: 37.87mg (9.47%), Vitamin K: 7.8µg (7.43%), Vitamin B1: 0.09mg (6.13%), Zinc: 0.89mg (5.92%), Vitamin B5: 0.58mg (5.77%), Vitamin C: 4.58mg (5.55%), Folate: 19.62µg (4.9%), Vitamin B12: 0.28µg (4.69%), Selenium: 3.08µg (4.4%), Vitamin B3: 0.79mg (3.95%), Vitamin B6: 0.06mg (3.1%)