



WHATSheATE



## Chocolate-Toffee Ice Cream Pie

READY IN



8 min.

SERVINGS



8

CALORIES



330 kcal

DESSERT

### Ingredients

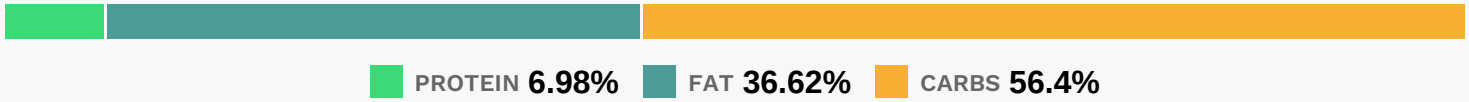
- ☐ 0.3 cup chocolate syrup fat-free divided (such as Smucker's)
- ☐ 6 ounce graham cracker crust reduced-fat
- ☐ 4 cups chocolate ice cream low-fat divided softened (such as Edy's)
- ☐ 0.3 cup chocolate divided
- ☐ 2 cups cool whip fat-free frozen thawed

### Equipment

### Directions

- ☐ Spread 2 cups ice cream in bottom of crust; drizzle with 2 tablespoons chocolate syrup, and sprinkle with 2 tablespoons toffee bits.
- ☐ Spread remaining ice cream over toffee bits. Freeze 8 hours or until firm.
- ☐ Top pie with whipped topping, and drizzle with remaining 2 tablespoons syrup; sprinkle with remaining 2 tablespoons toffee bits.

## Nutrition Facts



## Properties

Glycemic Index:7.95, Glycemic Load:5.25, Inflammation Score:-4, Nutrition Score:6.8769565095072%

## Nutrients (% of daily need)

Calories: 330.46kcal (16.52%), Fat: 13.65g (21%), Saturated Fat: 6.08g (37.98%), Carbohydrates: 47.3g (15.77%), Net Carbohydrates: 45.67g (16.61%), Sugar: 33.09g (36.77%), Cholesterol: 24.28mg (8.09%), Sodium: 175.23mg (7.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 5.69mg (1.9%), Protein: 5.86g (11.71%), Manganese: 0.41mg (20.66%), Vitamin B2: 0.28mg (16.31%), Calcium: 149.88mg (14.99%), Phosphorus: 120.84mg (12.08%), Copper: 0.21mg (10.43%), Magnesium: 33.86mg (8.47%), Iron: 1.43mg (7.95%), Vitamin A: 356.03IU (7.12%), Fiber: 1.63g (6.53%), Vitamin B12: 0.38µg (6.4%), Potassium: 210.34mg (6.01%), Vitamin B1: 0.09mg (5.75%), Zinc: 0.8mg (5.34%), Vitamin K: 5.54µg (5.28%), Folate: 20.4µg (5.1%), Vitamin B3: 0.92mg (4.58%), Selenium: 3.07µg (4.39%), Vitamin E: 0.58mg (3.86%), Vitamin B6: 0.06mg (2.98%), Vitamin B5: 0.23mg (2.3%), Vitamin C: 0.93mg (1.13%)