



Chocolate-Toffee Ice Cream Pie

READY IN



12 min.

SERVINGS



8

CALORIES



434 kcal

DESSERT

Ingredients

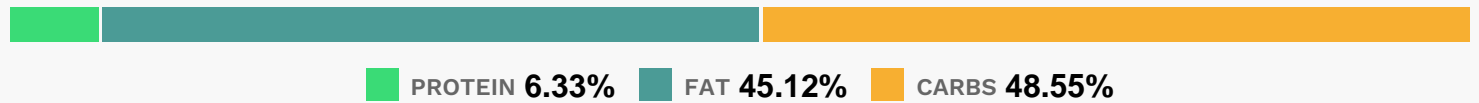
- 1.5 cups vanilla ice cream light softened (such as Edy's Slow Churned)
- 3 tablespoons chocolate syrup fat-free
- 8 chocolate bar miniature divided chopped
- 6 ounce graham cracker crust
- 1.5 cups chocolate ice cream low-fat chunk softened (such as Healthy Choice)
- 2.5 cups cool whip fat-free frozen thawed

Equipment

Directions

- Spoon caramel ice cream evenly into chocolate crust; sprinkle with half of crushed toffee bars. Freeze 10 minutes.
- Spoon chocolate chunk ice cream evenly over toffee layer. Freeze 10 minutes.
- Spread whipped topping evenly over chocolate ice cream layer.
- Drizzle with chocolate syrup, and sprinkle with remaining crushed toffee bars. Freeze at least 8 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:6.74, Inflammation Score:-5, Nutrition Score:11.772608694823%

Nutrients (% of daily need)

Calories: 434.41kcal (21.72%), Fat: 21.89g (33.68%), Saturated Fat: 10.71g (66.97%), Carbohydrates: 53g (17.67%), Net Carbohydrates: 48.94g (17.8%), Sugar: 31.38g (34.86%), Cholesterol: 20.26mg (6.76%), Sodium: 169.34mg (7.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 23.42mg (7.81%), Protein: 6.91g (13.83%), Manganese: 0.88mg (43.9%), Copper: 0.62mg (30.95%), Iron: 4.3mg (23.89%), Magnesium: 85.17mg (21.29%), Vitamin B2: 0.33mg (19.14%), Phosphorus: 189.74mg (18.97%), Fiber: 4.06g (16.23%), Calcium: 144.17mg (14.42%), Zinc: 1.65mg (11%), Potassium: 374.07mg (10.69%), Vitamin B12: 0.6µg (9.99%), Vitamin B1: 0.11mg (7.04%), Vitamin K: 7.07µg (6.74%), Selenium: 4.46µg (6.37%), Vitamin A: 300.95IU (6.02%), Vitamin B3: 1.16mg (5.82%), Folate: 20.8µg (5.2%), Vitamin E: 0.67mg (4.48%), Vitamin B6: 0.08mg (3.77%), Vitamin B5: 0.36mg (3.63%)