



Chunky Brownie-Nut Ice Cream

READY IN



40 min.

SERVINGS



16

CALORIES



153 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 cup butter softened
- ☐ 0.3 cup caramel topping fat-free (such as Smucker's)
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 0.8 cup flour all-purpose
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons semisweet chocolate minichips
- ☐ 1 cup sugar

- ☐ 0.5 cup peanuts unsalted chopped
- ☐ 0.5 cup cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 1 carton vanilla ice cream light softened

Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 35
- ☐ Combine sugar and butter in a large bowl; beat with a mixer at medium speed until blended.
- ☐ Add egg and egg white, 1 at a time, beating just until blended. Stir in vanilla.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 3 ingredients.
- ☐ Add flour mixture to butter mixture, stirring just until blended. Stir in chocolate minichips.
- ☐ Spread batter into an 8-inch square baking pan coated with cooking spray.
- ☐ Bake at 350 for 22 minutes or just until a wooden pick inserted in center comes out clean (do not overcook). Cool completely on a wire rack.
- ☐ Spoon ice cream into a large freezer-safe container. Crumble brownies over ice cream.
- ☐ Add peanuts and caramel topping; stir until well blended. Cover and freeze until firm.

Nutrition Facts



 PROTEIN **7.54%**  FAT **36.78%**  CARBS **55.68%**

Properties

Glycemic Index:20.19, Glycemic Load:12, Inflammation Score:-2, Nutrition Score:3.7952174047089%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 152.56kcal (7.63%), Fat: 6.62g (10.19%), Saturated Fat: 2.91g (18.18%), Carbohydrates: 22.56g (7.52%), Net Carbohydrates: 20.87g (7.59%), Sugar: 15.53g (17.25%), Cholesterol: 19.38mg (6.46%), Sodium: 75.46mg (3.28%), Alcohol: 0.09g (100%), Alcohol %: 0.27% (100%), Caffeine: 7.77mg (2.59%), Protein: 3.05g (6.11%), Manganese: 0.27mg (13.33%), Copper: 0.16mg (7.84%), Magnesium: 27mg (6.75%), Fiber: 1.68g (6.74%), Selenium: 4.48µg (6.4%), Phosphorus: 58.97mg (5.9%), Vitamin B3: 1.08mg (5.42%), Iron: 0.91mg (5.07%), Folate: 17.74µg (4.44%), Vitamin B2: 0.07mg (4.27%), Vitamin B1: 0.06mg (3.81%), Zinc: 0.45mg (2.97%), Potassium: 98.16mg (2.8%), Vitamin E: 0.36mg (2.39%), Vitamin A: 109.89IU (2.2%), Calcium: 20.2mg (2.02%), Vitamin B6: 0.03mg (1.66%), Vitamin B5: 0.16mg (1.63%)