



Cinnamon Toast Crunch® Ice Cream Pie

READY IN



20 min.

SERVINGS



8

CALORIES



415 kcal

DESSERT

Ingredients

- 0.5 cup butter melted
- 12 oz mrs richardson's butterscotch caramel sauce
- 2 cups coconut or shredded finely
- 0.3 cup buttered toast
- 5 cups buttered toast crushed finely
- 1 whipped cream
- 8 oz non-dairy whipped topping

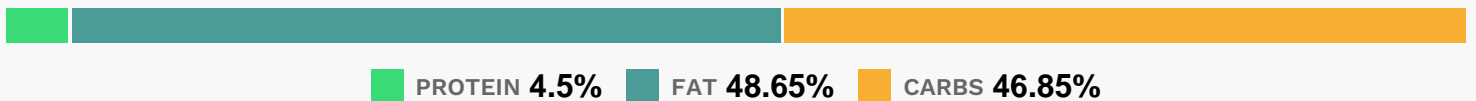
Equipment

- bowl
- sauce pan
- spatula

Directions

- In ungreased 10-inch deep-dish pie plate, mix 3 cups crushed cereal and melted butter with fork until well combined. Press mixture firmly in bottom and up sides of pie plate to make crust.
- Reserve several tablespoons caramel topping for garnish.
- Pour remaining topping into bottom of crust.
- Allow ice cream to soften slightly while toasting coconut. In 3-quart nonstick saucepan, heat coconut over high heat, stirring constantly, until coconut is golden brown.
- Transfer coconut to plate; cool.
- Spoon slightly softened ice cream into large bowl. Stir in 1/2 cup of the toasted coconut. Spoon ice cream into crust-lined pie plate, using spatula to create mound in center of crust. Freeze until firm, about 1 hour.
- To serve, spread whipped topping over top of ice cream.
- Drizzle caramel topping over individual servings of pie; sprinkle with 1/4 cup cereal and the toasted coconut.

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:6.6026087221892%

Nutrients (% of daily need)

Calories: 414.67kcal (20.73%), Fat: 23.11g (35.56%), Saturated Fat: 16.61g (103.84%), Carbohydrates: 50.07g (16.69%), Net Carbohydrates: 47.53g (17.28%), Sugar: 33.61g (37.34%), Cholesterol: 31.42mg (10.47%), Sodium: 435.57mg (18.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.63%), Manganese: 0.45mg (22.28%), Selenium: 12.55µg (17.93%), Fiber: 2.54g (10.16%), Folate: 38.05µg (9.51%), Vitamin B1: 0.14mg (9.48%), Phosphorus: 94.12mg (9.41%), Iron: 1.5mg (8.34%), Vitamin A: 414.32IU (8.29%), Calcium: 82.47mg (8.25%), Vitamin B2: 0.13mg (7.89%), Copper: 0.13mg (6.53%), Vitamin B3: 1.3mg (6.51%), Potassium: 170.24mg (4.86%), Magnesium:

18.49mg (4.62%), Vitamin E: 0.61mg (4.08%), Zinc: 0.46mg (3.09%), Vitamin K: 2.94µg (2.8%), Vitamin B12: 0.16µg (2.73%), Vitamin B5: 0.23mg (2.26%), Vitamin B6: 0.04mg (1.78%), Vitamin C: 0.87mg (1.06%)