



## Cocoa Brownie-Ice Cream Dessert

READY IN



140 min.

SERVINGS



18

CALORIES



457 kcal

DESSERT

### Ingredients

- 3.5 cups captain crunch peanut butter cereal
- 1 cup butter
- 1 whipped cream
- 2 cups powdered sugar
- 12 oz evaporated milk canned
- 0.7 cup chocolate chips

### Equipment

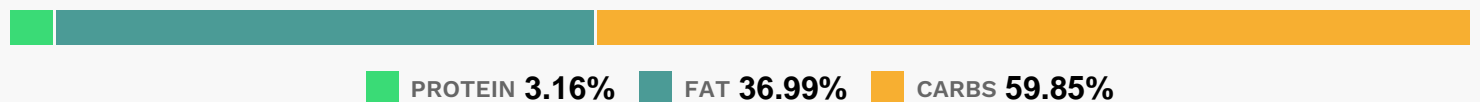
- bowl

- frying pan
- sauce pan

## Directions

- Spray 13x9-inch pan with cooking spray. Crush 3 cups of the cereal; pour crushed cereal into medium bowl.
- Add 1/2 cup of the melted butter; mix thoroughly. Press mixture in bottom of pan. Refrigerate 1 hour.
- Remove ice cream from container in one block.
- Cut ice cream lengthwise into 4 pieces; place on top of cold crust.
- Sprinkle remaining 1/2 cup cereal over top.
- Place in freezer.
- In 2-quart saucepan, mix powdered sugar, evaporated milk, chocolate chips and remaining 1/2 cup butter.
- Heat to boiling. Boil 8 minutes, stirring constantly. Cool about 10 minutes or until warm.
- Remove pan from freezer; pour warm chocolate sauce over top. Return to freezer; freeze at least 1 hour longer or until set before serving. To serve, cut into 6 rows by 3 rows. Store in freezer.

## Nutrition Facts



## Properties

Glycemic Index:6.17, Glycemic Load:0.01, Inflammation Score:-8, Nutrition Score:16.238260796537%

## Nutrients (% of daily need)

Calories: 456.82kcal (22.84%), Fat: 16.12g (24.8%), Saturated Fat: 10.25g (64.04%), Carbohydrates: 58.7g (19.57%), Net Carbohydrates: 56.99g (20.73%), Sugar: 39.21g (43.57%), Cholesterol: 32.62mg (10.87%), Sodium: 442.2mg (19.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Folate: 683.42µg (170.86%), Zinc: 7.83mg (52.17%), Vitamin B1: 0.78mg (51.75%), Vitamin B2: 0.79mg (46.52%), Vitamin B6: 0.86mg (43.09%), Vitamin B3: 8.56mg (42.8%), Vitamin A: 360.56IU (7.21%), Fiber: 1.7g (6.81%), Calcium: 57.32mg (5.73%), Potassium: 164.91mg (4.71%), Phosphorus: 41.45mg (4.15%), Vitamin E: 0.32mg (2.15%), Vitamin B5: 0.13mg (1.35%), Magnesium: 4.8mg (1.2%)