



Cookie Dough Cocoa

READY IN



15 min.

SERVINGS



4

CALORIES



523 kcal

DESSERT

Ingredients

- 4 tablespoons butter
- 0.5 cup brown sugar
- 1 pint cream-filled chocolate sandwich cookie crumbs
- 5 cups water
- 1 serving whipped cream
- 1 serving chocolate chips mini
- 1 cup corn flakes/bran flakes cookie crisp®

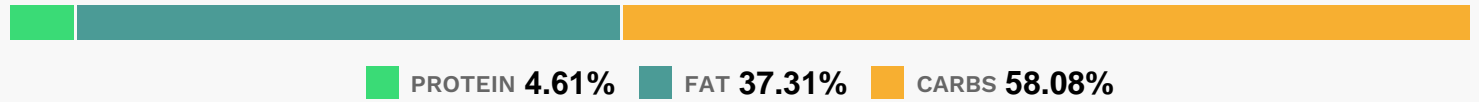
Equipment

- sauce pan
- whisk
- pot

Directions

- In 3-quart saucepan or large pot, whisk together butter, brown sugar, and ice cream over medium-high heat until melted.
- Add the water; cook and stir mixture until steaming.
- Serve in mugs, topped with whipped cream, mini chocolate chips, and cookie crisp cereal.

Nutrition Facts



Properties

Glycemic Index:59.56, Glycemic Load:31.3, Inflammation Score:-7, Nutrition Score:8.1899999950243%

Nutrients (% of daily need)

Calories: 523.15kcal (26.16%), Fat: 22.6g (34.77%), Saturated Fat: 10.2g (63.75%), Carbohydrates: 79.16g (26.39%), Net Carbohydrates: 77.33g (28.12%), Sugar: 51.3g (57%), Cholesterol: 56.12mg (18.71%), Sodium: 319.4mg (13.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.29g (12.58%), Manganese: 0.37mg (18.72%), Vitamin A: 906.43IU (18.13%), Iron: 3.21mg (17.86%), Folate: 67.44µg (16.86%), Magnesium: 61.9mg (15.47%), Calcium: 135.9mg (13.59%), Vitamin B6: 0.18mg (9.12%), Vitamin B12: 0.53µg (8.8%), Vitamin B1: 0.13mg (8.75%), Vitamin B2: 0.15mg (8.57%), Vitamin B3: 1.71mg (8.54%), Selenium: 5.74µg (8.2%), Fiber: 1.84g (7.35%), Potassium: 231.48mg (6.61%), Copper: 0.11mg (5.52%), Phosphorus: 50.69mg (5.07%), Zinc: 0.56mg (3.71%), Vitamin E: 0.41mg (2.74%), Vitamin D: 0.34µg (2.24%), Vitamin B5: 0.14mg (1.43%), Vitamin K: 1.15µg (1.09%)