



Cookie Dough Cocoa

READY IN



15 min.

SERVINGS



4

CALORIES



538 kcal

DESSERT

Ingredients

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

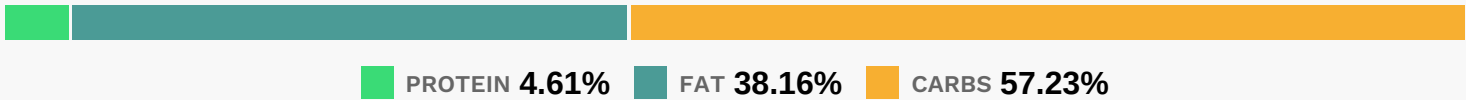
Equipment

- ☐ 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:31.61, Inflammation Score:-7, Nutrition Score:8.3399999871364%

Nutrients (% of daily need)

Calories: 538.48kcal (26.92%), Fat: 23.78g (36.58%), Saturated Fat: 10.93g (68.32%), Carbohydrates: 80.24g (26.75%), Net Carbohydrates: 78.38g (28.5%), Sugar: 52.12g (57.92%), Cholesterol: 59.65mg (19.88%), Sodium: 320.27mg (13.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.94%), Vitamin A: 938.93IU (18.78%), Manganese: 0.37mg (18.72%), Iron: 3.23mg (17.92%), Folate: 67.57µg (16.89%), Magnesium: 62.39mg (15.6%), Calcium: 141.31mg (14.13%), Vitamin B6: 0.18mg (9.21%), Vitamin B12: 0.54µg (9.02%), Vitamin B1: 0.13mg (8.86%), Vitamin B2: 0.15mg (8.74%), Vitamin B3: 1.71mg (8.55%), Selenium: 5.8µg (8.29%), Fiber: 1.86g (7.43%), Potassium: 238.09mg (6.8%), Copper: 0.11mg (5.54%), Phosphorus: 54.7mg (5.47%), Zinc: 0.57mg (3.82%), Vitamin E: 0.44mg (2.93%), Vitamin D: 0.35µg (2.36%), Vitamin B5: 0.16mg (1.57%), Vitamin K: 1.23µg (1.18%)