



Cookies-and-Cream Ice Cream

READY IN



45 min.

SERVINGS



8

CALORIES



220 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup half n half
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 12.3 ounce spicy tofu firm drained reduced-fat
- ☐ 10 vanilla cream filled sandwich style cookies crushed (such as Oreos)
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups non-dairy whipped topping fat-free frozen thawed

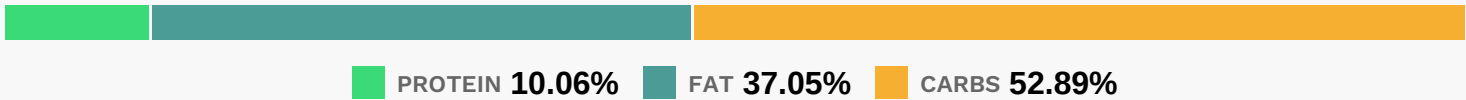
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Combine first 5 ingredients in a food processor or blender; process until smooth.
- ☐ Place tofu mixture in a large bowl. Fold in whipped topping.
- ☐ Pour mixture into the freezer can of an ice-cream freezer; freeze according to the manufacturer's instructions. Stir in crushed cookies during last 5 minutes of freezing. Spoon ice cream into a freezer-safe container; cover and freeze 1 hour or until firm.
- ☐ Garnish with a whole cookie, if desired.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:8.82, Inflammation Score:0, Nutrition Score:2.174347843165%

Nutrients (% of daily need)

Calories: 220.44kcal (11.02%), Fat: 9.15g (14.08%), Saturated Fat: 3.85g (24.04%), Carbohydrates: 29.41g (9.8%), Net Carbohydrates: 28.83g (10.48%), Sugar: 23.61g (26.24%), Cholesterol: 5.67mg (1.89%), Sodium: 155.51mg (6.76%), Alcohol: 0.17g (100%), Alcohol %: 0.21% (100%), Protein: 5.59g (11.18%), Calcium: 88.26mg (8.83%), Vitamin B2: 0.09mg (5.03%), Iron: 0.89mg (4.94%), Phosphorus: 39.52mg (3.95%), Vitamin B1: 0.05mg (3.17%), Vitamin E: 0.37mg (2.48%), Fiber: 0.57g (2.29%), Manganese: 0.05mg (2.29%), Vitamin B3: 0.44mg (2.2%), Folate: 8.52µg (2.13%), Selenium: 1.46µg (2.08%), Potassium: 53.56mg (1.53%), Vitamin K: 1.55µg (1.47%), Vitamin A: 67.42IU (1.35%), Magnesium: 4.99mg (1.25%), Vitamin B12: 0.07µg (1.1%), Copper: 0.02mg (1.08%), Vitamin B5: 0.1mg (1.03%)