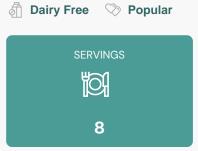


Creamy Orange Ice Cream Pie







DESSERT

Ingredients

	17.5 oz sugar	cookie	mix
	17.5 Oz Sugai	COOKIE	HIIV

- 0.5 cup butter softened
- 4 cups pineapple sherbet
- 2 cups whipped cream

Equipment

- bowl
- baking sheet
- oven

Directions Heat oven to 375°F. In medium bowl, stir cookie mix and butter until well mixed (mixture will be crumbly). Reserve 11/2 cups crumb mixture; set aside. In ungreased 9-inch glass pie plate, press remaining mixture over bottom and up side of plate; prick with fork. Bake 16 to 18 minutes or until light golden brown. Cool completely, about 1 hour. Meanwhile, on ungreased cookie sheet, sprinkle remaining crumb mixture. Bake 10 to 11 minutes or until edges of crumb mixture begin to brown. Cool on cookie sheet, about 30 minutes. While crust and crumb mixture are cooling, place sherbet and ice cream in refrigerator to soften. Scoop half of softened sherbet over crust; spread to cover crust. Sprinkle with 1/2 cup crumbs. Scoop all of softened ice cream over sherbet and crumbs; spread to cover. Sprinkle with 1/2 cup crumbs. Scoop remaining half of sherbet over ice cream and crumbs. Sprinkle with remaining 1/2 cup crumbs. Freeze until firm, 4 to 6 hours or overnight. Let stand 15 minutes to soften before cutting. **Nutrition Facts**

Properties

Glycemic Index:14, Glycemic Load:15.59, Inflammation Score:-4, Nutrition Score:3.7973912941373%

Nutrients (% of daily need)

Calories: 520.53kcal (26.03%), Fat: 19.88g (30.58%), Saturated Fat: 5.47g (34.18%), Carbohydrates: 81.33g (27.11%), Net Carbohydrates: 80.13g (29.14%), Sugar: 53.75g (59.73%), Cholesterol: 15.26mg (5.09%), Sodium: 371.4mg (16.15%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.31g (8.62%), Vitamin A: 680.46IU (13.61%), Vitamin B2: 0.18mg (10.43%), Calcium: 86.46mg (8.65%), Phosphorus: 67.51mg (6.75%), Vitamin B1: 0.07mg (4.81%), Fiber: 1.19g (4.77%), Potassium: 142.67mg (4.08%), Vitamin B12: 0.24µg (3.98%), Zinc: 0.58mg (3.89%), Vitamin B5: 0.37mg (3.69%), Folate: 14.67µg (3.67%), Vitamin E: 0.55mg (3.64%), Magnesium: 10.97mg (2.74%), Selenium: 1.7µg (2.43%), Vitamin C: 1.93mg (2.34%), Iron: 0.36mg (1.98%), Vitamin B6: 0.03mg (1.71%), Vitamin B3: 0.34mg (1.68%), Copper: 0.03mg (1.42%)

PROTEIN 3.31% FAT 34.31% CARBS 62.38%