



Crispy Rice Caramel Ice Cream Dessert

 Vegetarian

READY IN



75 min.

SERVINGS



15

CALORIES



510 kcal

DESSERT

Ingredients

- 1 cup brown sugar
- 1 cup butter
- 0.5 gallon praline caramel ice cream softened
- 12 ounce caramel ice cream topping
- 5 cups rice cereal crispy

Equipment

- frying pan
- sauce pan

Directions

- In a large saucepan over medium heat, combine butter and sugar. Stir in rice cereal, 1 cup at a time; remove from heat.
- Press 1/2 of crispy mixture in the bottom of a 9x13 inch pan. Slice off sections of ice cream, and spread entire half gallon in an even layer over crispy mixture. Top with remaining crispy mixture.
- Drizzle caramel topping over dessert. Freeze for at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:2.8195652326812%

Nutrients (% of daily need)

Calories: 509.61kcal (25.48%), Fat: 12.33g (18.97%), Saturated Fat: 7.8g (48.74%), Carbohydrates: 104.71g (34.9%), Net Carbohydrates: 104.62g (38.04%), Sugar: 99.09g (110.1%), Cholesterol: 32.54mg (10.85%), Sodium: 609.34mg (26.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.77%), Vitamin A: 512.16IU (10.24%), Calcium: 89.31mg (8.93%), Phosphorus: 69.62mg (6.96%), Vitamin B12: 0.29µg (4.89%), Manganese: 0.08mg (4.19%), Selenium: 2.92µg (4.17%), Potassium: 128.6mg (3.67%), Folate: 13.16µg (3.29%), Vitamin E: 0.43mg (2.88%), Magnesium: 10.93mg (2.73%), Vitamin B5: 0.27mg (2.71%), Vitamin B1: 0.03mg (1.88%), Iron: 0.29mg (1.58%), Vitamin B2: 0.02mg (1.27%), Vitamin B3: 0.24mg (1.21%), Copper: 0.02mg (1.09%), Vitamin K: 1.07µg (1.01%)