



Crunchy Ice Cream Bars

 Dairy Free

READY IN



290 min.

SERVINGS



50

CALORIES



60 kcal

Ingredients

- 1 cup baker's angel flake coconut toasted
- 0.3 cup butter melted ()
- 1 cup planters pecans toasted finely chopped
- 2 cups each: vanilla and chocolate ice cream divided softened
- 1.5 cups vanilla wafers crushed finely

Equipment

- frying pan

Directions

- Mix wafers, pecans, coconut and margarine until well blended. Press 1 cup of the wafer mixture firmly onto bottom of 9-inch square pan.
- Spoon vanilla ice cream over crust; carefully spread to form even layer. Freeze 25 min. or until firm.
- Sprinkle with 1/4 cup of the remaining wafer mixture; cover with the chocolate ice cream.
- Sprinkle with the remaining wafer mixture.
- Freeze 4 hours or until firm.
- Let stand 10 min. at room temperature to soften slightly.
- Cut into 16 bars to serve. Store leftover bars in airtight container in freezer.

Nutrition Facts

PROTEIN 4.12% **FAT 66.39%** **CARBS 29.49%**

Properties

Glycemic Index:2.74, Glycemic Load:2.54, Inflammation Score:-1, Nutrition Score:1.2073913002792%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 59.71kcal (2.99%), Fat: 4.59g (7.06%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 4.59g (1.53%), Net Carbohydrates: 4.01g (1.46%), Sugar: 2.59g (2.87%), Cholesterol: 1.83mg (0.61%), Sodium: 28.61mg (1.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.28%), Manganese: 0.14mg (7.16%), Fiber: 0.58g (2.31%), Copper: 0.04mg (2.22%), Vitamin B1: 0.03mg (2.02%), Phosphorus: 16.28mg (1.63%), Magnesium: 5.49mg (1.37%), Vitamin B2: 0.02mg (1.33%), Vitamin A: 63.67IU (1.27%), Folate: 4.35µg (1.09%), Zinc: 0.15mg (1.03%)