



## Easy Ice Cream Bombe

 Dairy Free

READY IN



510 min.

SERVINGS



30

CALORIES



89 kcal

### Ingredients

- 20 chewy chocolate chip cookies coarsely chopped (2 inch)
- 2 cups pineapple sherbet softened
- 4 cups whipped cream softened
- 2 cups cool whip whipped topping thawed

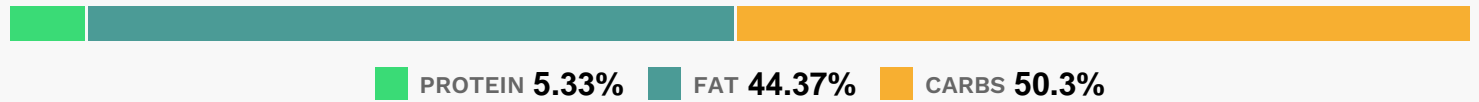
### Equipment

- bowl
- plastic wrap

## Directions

- Spread ice cream onto bottom and up side of plastic wrap-lined 1-1/2- to 2-qt. bowl.
- Sprinkle evenly with 1-1/2 cups of the chopped cookies; press cookies into ice cream to secure. Cover; freeze 30 min.
- Spoon sorbet into center of ice cream mixture. Cover; freeze at least 4 hours or until firm.
- Unmold onto serving plate. Cover with the whipped topping; sprinkle with remaining cookie pieces.
- Let stand at room temperature about 10 min. before serving for easier slicing.

## Nutrition Facts



## Properties

Glycemic Index:4.52, Glycemic Load:4.89, Inflammation Score:-1, Nutrition Score:1.6286956480016%

## Flavonoids

Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg, Cyanidin: 3.66mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 88.68kcal (4.43%), Fat: 4.41g (6.79%), Saturated Fat: 2.47g (15.41%), Carbohydrates: 11.25g (3.75%), Net Carbohydrates: 10.4g (3.78%), Sugar: 7.64g (8.49%), Cholesterol: 8.43mg (2.81%), Sodium: 44.09mg (1.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin B2: 0.06mg (3.7%), Fiber: 0.85g (3.39%), Phosphorus: 28.09mg (2.81%), Calcium: 28.08mg (2.81%), Manganese: 0.05mg (2.75%), Vitamin C: 2.2mg (2.67%), Vitamin B1: 0.04mg (2.33%), Folate: 7.62µg (1.91%), Potassium: 65.5mg (1.87%), Magnesium: 6.99mg (1.75%), Vitamin A: 80.44IU (1.61%), Zinc: 0.2mg (1.31%), Vitamin B12: 0.08µg (1.31%), Vitamin B5: 0.13mg (1.29%), Vitamin B3: 0.22mg (1.1%)