



Cocoa Brownie-Ice Cream Dessert

READY IN



140 min.

SERVINGS



18

CALORIES



228 kcal

DESSERT

Ingredients

- 1 cup butter
- 0.7 cup chocolate chips
- 3.5 cups kellogg's® cocoa cereal
- 12 oz evaporated milk canned
- 2 cups powdered sugar
- 1 whipped cream

Equipment

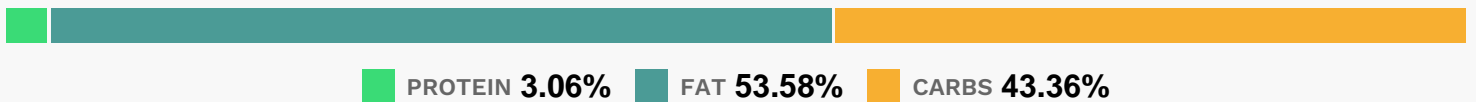
- bowl

- frying pan
- sauce pan

Directions

- Spray 13x9-inch pan with cooking spray. Crush 3 cups of the cereal; pour crushed cereal into medium bowl.
- Add 1/2 cup of the melted butter; mix thoroughly. Press mixture in bottom of pan. Refrigerate 1 hour.
- Remove ice cream from container in one block.
- Cut ice cream lengthwise into 4 pieces; place on top of cold crust.
- Sprinkle remaining 1/2 cup cereal over top.
- Place in freezer.
- In 2-quart saucepan, mix powdered sugar, evaporated milk, chocolate chips and remaining 1/2 cup butter.
- Heat to boiling. Boil 8 minutes, stirring constantly. Cool about 10 minutes or until warm.
- Remove pan from freezer; pour warm chocolate sauce over top. Return to freezer; freeze at least 1 hour longer or until set before serving. To serve, cut into 6 rows by 3 rows. Store in freezer.

Nutrition Facts



Properties

Glycemic Index:6.17, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:4.4991304252459%

Nutrients (% of daily need)

Calories: 228.06kcal (11.4%), Fat: 13.93g (21.43%), Saturated Fat: 8.61g (53.84%), Carbohydrates: 25.37g (8.46%), Net Carbohydrates: 24.97g (9.08%), Sugar: 21.37g (23.74%), Cholesterol: 32.62mg (10.87%), Sodium: 140.91mg (6.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin B2: 0.18mg (10.51%), Vitamin A: 490.2IU (9.8%), Calcium: 83.22mg (8.32%), Zinc: 1.13mg (7.54%), Vitamin B12: 0.44µg (7.4%), Vitamin B1: 0.11mg (7.17%), Vitamin B6: 0.14mg (6.97%), Folate: 27.79µg (6.95%), Iron: 1.22mg (6.75%), Vitamin B3: 1.34mg (6.69%), Phosphorus: 56.99mg (5.7%), Potassium: 98.76mg (2.82%), Vitamin E: 0.37mg (2.48%), Vitamin C: 1.91mg (2.32%), Magnesium: 8.93mg (2.23%), Vitamin D: 0.28µg (1.85%), Vitamin B5: 0.16mg (1.62%), Fiber: 0.4g (1.6%), Selenium:

1.1µg (1.57%), Manganese: 0.03mg (1.38%), Vitamin K: 1.14µg (1.09%)