



Frosty Coffee Almond Pie

READY IN



220 min.

SERVINGS



8

CALORIES



574 kcal

Ingredients

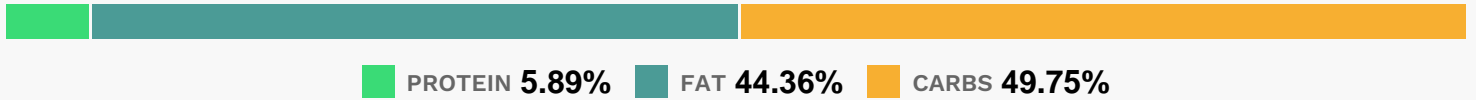
- 18 crème-filled chocolate sandwich cookies crushed finely
- 3 tablespoons butter melted
- 1 quart whipped cream softened
- 0.5 cup almonds toasted sliced
- 1 cup topping hot warmed

Equipment

Directions

- Mix crushed cookies and butter until well blended. Press on bottom and up side of ungreased pie plate, 9x1 1/4 inches. Freeze about 15 minutes or until firm.
- Carefully spread ice cream evenly in crust.
- Sprinkle with almonds. Freeze about 3 hours or until firm.
- Remove pie from freezer about 10 minutes before serving.
- Serve with hot fudge sauce. Store covered in freezer.

Nutrition Facts



Properties

Glycemic Index:8.88, Glycemic Load:16.58, Inflammation Score:-6, Nutrition Score:12.080869534741%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 574.19kcal (28.71%), Fat: 28.65g (44.07%), Saturated Fat: 12.17g (76.03%), Carbohydrates: 72.28g (24.09%), Net Carbohydrates: 68.88g (25.05%), Sugar: 49.54g (55.05%), Cholesterol: 52.43mg (17.48%), Sodium: 380.44mg (16.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.01mg (1.34%), Protein: 8.56g (17.12%), Vitamin B2: 0.45mg (26.48%), Vitamin E: 3.66mg (24.37%), Manganese: 0.46mg (23.24%), Iron: 4.08mg (22.67%), Phosphorus: 215.04mg (21.5%), Calcium: 192.75mg (19.27%), Magnesium: 63.17mg (15.79%), Copper: 0.31mg (15.44%), Vitamin A: 687.17IU (13.74%), Fiber: 3.39g (13.58%), Potassium: 450.86mg (12.88%), Zinc: 1.51mg (10.07%), Vitamin B1: 0.13mg (8.46%), Vitamin B5: 0.84mg (8.45%), Vitamin K: 8.7µg (8.29%), Vitamin B12: 0.49µg (8.16%), Selenium: 4.64µg (6.63%), Folate: 26.49µg (6.62%), Vitamin B3: 1.14mg (5.72%), Vitamin B6: 0.08mg (3.95%), Vitamin D: 0.24µg (1.58%)