



Frozen Strawberry-Pistachio Dessert

READY IN



360 min.

SERVINGS



16

CALORIES



330 kcal

DESSERT

Ingredients

- 1.5 cups cookie crumbs (from 15-oz. pkg.)
- 0.3 cup powdered sugar
- 0.3 cup pistachios chopped
- 6 tablespoons butter melted
- 1 container whipped cream (1/2-gallon)
- 1 container whipped cream (1/2-gallon)
- 3.4 oz pistachio pudding mix instant
- 2 cups powdered sugar
- 6 oz semi chocolate chips (1 cup)

- 0.5 cup butter
- 12 oz evaporated milk (canned)
- 1 teaspoon vanilla
- 1 serving cool whip (frozen/thawed)
- 1 serving strawberries (fresh)
- 1 cup frangelico

Equipment

- bowl
- frying pan
- sauce pan
- hand mixer
- aluminum foil

Directions

- Line 13x9-inch pan with foil, extending foil over all sides of pan. In medium bowl, combine all crust ingredients; mix well. Press evenly in bottom of foil-lined pan. Freeze 30 minutes.
- Place strawberry ice cream in refrigerator to soften.
- Spoon softened strawberry ice cream onto crust; smooth with back of spoon. Freeze 30 minutes.
- Place vanilla ice cream in refrigerator to soften.
- Place softened vanilla ice cream in large bowl; stir with spoon until smooth. In small bowl, combine pudding mix and half-and-half; stir until blended.
- Add to ice cream; mix with electric mixer at low speed until well blended. Spoon over strawberry ice cream. Freeze 4 hours or until firm.
- Meanwhile, in large saucepan, combine powdered sugar, chocolate chips, butter and evaporated milk; stir to mix. Bring to a boil over medium heat, stirring occasionally. Boil 5 minutes, stirring frequently.
- Remove from heat. Stir in vanilla. Cool at least 1 hour before serving.
- To serve, let dessert stand at room temperature for 15 minutes.

Cut into squares.

Serve each with fudge sauce, whipped topping and strawberries.

Nutrition Facts

 **PROTEIN 3.79%**  **FAT 51.4%**  **CARBS 44.81%**

Properties

Glycemic Index:21.5, Glycemic Load:4.04, Inflammation Score:-4, Nutrition Score:5.156956517826%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 330.38kcal (16.52%), Fat: 19.11g (29.4%), Saturated Fat: 10.57g (66.08%), Carbohydrates: 37.49g (12.5%), Net Carbohydrates: 36.13g (13.14%), Sugar: 30.86g (34.29%), Cholesterol: 33.44mg (11.15%), Sodium: 223.65mg (9.72%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Caffeine: 9.14mg (3.05%), Protein: 3.17g (6.34%), Phosphorus: 134.34mg (13.43%), Manganese: 0.24mg (12.07%), Copper: 0.18mg (9.04%), Vitamin A: 382.86IU (7.66%), Magnesium: 29mg (7.25%), Calcium: 71.11mg (7.11%), Vitamin C: 5.8mg (7.04%), Vitamin B2: 0.12mg (6.96%), Iron: 1.12mg (6.21%), Fiber: 1.35g (5.41%), Potassium: 171.37mg (4.9%), Vitamin E: 0.68mg (4.56%), Vitamin B1: 0.07mg (4.44%), Zinc: 0.56mg (3.76%), Selenium: 2.41µg (3.44%), Folate: 12.86µg (3.21%), Vitamin B6: 0.06mg (2.94%), Vitamin K: 2.99µg (2.85%), Vitamin B3: 0.51mg (2.53%), Vitamin B5: 0.23mg (2.33%), Vitamin B12: 0.08µg (1.33%)