



Frozen Strawberry-Pistachio Dessert

READY IN



360 min.

SERVINGS



16

CALORIES



403 kcal

DESSERT

Ingredients

- 0.5 cup butter
- 6 tablespoons butter melted
- 1.5 cups cookie crumbs (from 15-oz. pkg.)
- 12 oz evaporated milk canned ()
- 1 cup half and half
- 1 container whipped cream (1/2-gallon)
- 3.4 oz pistachio pudding mix instant
- 0.3 cup pistachios chopped
- 0.3 cup powdered sugar

- 2 cups powdered sugar
- 6 oz semi chocolate chips (1 cup)
- 16 servings strawberries fresh
- 1 teaspoon vanilla
- 1 container whipped cream (1/2-gallon)
- 16 servings non-dairy whipped topping frozen thawed

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 4.53% **FAT 47.55%** **CARBS 47.92%**

Properties

Glycemic Index:21.5, Glycemic Load:7.1, Inflammation Score:-7, Nutrition Score:13.460434862453%

Flavonoids

Cyanidin: 2.56mg, Cyanidin: 2.56mg, Cyanidin: 2.56mg, Cyanidin: 2.56mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.55mg, Catechin: 4.55mg, Catechin: 4.55mg, Catechin: 4.55mg Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg, Epigallocatechin: 1.16mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 403.06kcal (20.15%), Fat: 21.83g (33.59%), Saturated Fat: 12.16g (75.98%), Carbohydrates: 49.5g (16.5%), Net Carbohydrates: 45.44g (16.53%), Sugar: 39.1g (43.45%), Cholesterol: 38.78mg (12.93%), Sodium: 237.26mg (10.32%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Caffeine: 9.14mg (3.05%), Protein: 4.67g (9.35%), Vitamin C: 85.32mg (103.42%), Manganese: 0.76mg (38.13%), Phosphorus: 184.25mg (18.42%), Fiber: 4.05g (16.2%), Copper: 0.25mg (12.37%), Magnesium: 48.35mg (12.09%), Potassium: 402.12mg (11.49%), Folate: 45.8µg (11.45%), Calcium: 111.78mg (11.18%), Vitamin B2: 0.18mg (10.57%), Iron: 1.68mg (9.35%), Vitamin A: 455.44IU (9.11%), Vitamin E: 1.14mg (7.57%), Vitamin B1: 0.1mg (6.93%), Vitamin B6: 0.13mg (6.52%), Vitamin K: 6.3µg (6%), Zinc: 0.82mg (5.44%), Vitamin B3: 1.05mg (5.23%), Selenium: 3.53µg (5.05%), Vitamin B5: 0.45mg (4.46%), Vitamin B12: 0.11µg (1.89%)