



## Fudge Ice-Cream Dessert

READY IN



385 min.

SERVINGS



15

CALORIES



656 kcal

DESSERT

### Ingredients

- 1 box chocolate cake mix
- 0.5 cup butter melted
- 3 eggs
- 16 oz topping hot warmed canned
- 2 cups crème-filled chocolate sandwich cookies chopped (20 cookies)
- 0.5 gallon whipped cream softened

### Equipment

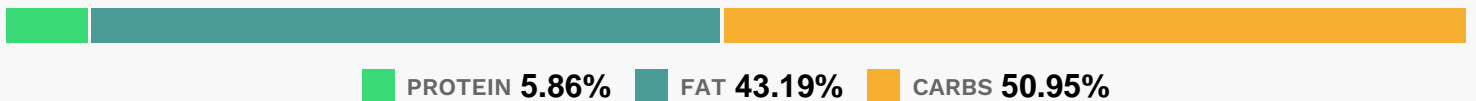
- bowl

- frying pan
- oven
- knife
- aluminum foil

## Directions

- Heat oven to 350°F (325°F for dark or nonstick pan). Line bottom and sides of 13x9-inch pan with foil, leaving foil overhanging at 2 opposite sides of pan. Grease or spray bottom only of foil.
- In large bowl, mix cake mix, butter and eggs with spoon until blended (batter will be very thick). Using greased fingers, spread or pat in pan.
- Bake 18 to 21 minutes or until surface appears dry and is no longer shiny. Run knife around side of cake to loosen. Cool completely in pan, about 1 hour.
- Spread warmed fudge topping over cake; sprinkle with 1 cup of the chopped cookies. Freeze until firm, about 30 minutes.
- Spread ice cream over cookies. Cover and freeze at least 4 hours or overnight until firm.
- Sprinkle with remaining 1 cup chopped cookies.
- Let stand 15 to 20 minutes before serving. For easier cutting, remove from pan, using foil to lift. Store covered in freezer.

## Nutrition Facts



## Properties

Glycemic Index:4.07, Glycemic Load:17.63, Inflammation Score:-6, Nutrition Score:13.032173923824%

## Nutrients (% of daily need)

Calories: 656.27kcal (32.81%), Fat: 32.07g (49.33%), Saturated Fat: 13.46g (84.1%), Carbohydrates: 85.1g (28.37%), Net Carbohydrates: 82.06g (29.84%), Sugar: 57.02g (63.35%), Cholesterol: 88.56mg (29.52%), Sodium: 609.8mg (26.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.35mg (2.12%), Protein: 9.79g (19.59%), Phosphorus: 278.59mg (27.86%), Vitamin B2: 0.47mg (27.66%), Iron: 4.54mg (25.21%), Calcium: 231.21mg (23.12%), Vitamin A: 851.29IU (17.03%), Manganese: 0.33mg (16.68%), Copper: 0.33mg (16.35%), Vitamin E: 2.35mg (15.65%), Selenium: 10.35µg (14.78%), Magnesium: 57.03mg (14.26%), Potassium: 497.26mg (14.21%), Fiber: 3.04g (12.16%), Zinc: 1.62mg

(10.82%), Folate: 42.6µg (10.65%), Vitamin B1: 0.16mg (10.49%), Vitamin B5: 1.01mg (10.14%), Vitamin B12: 0.6µg (9.94%), Vitamin K: 8.1µg (7.71%), Vitamin B3: 1.25mg (6.23%), Vitamin B6: 0.1mg (4.92%), Vitamin D: 0.43µg (2.86%), Vitamin C: 0.83mg (1.01%)