



## Fudgy Praline and Caramel Ice Cream Squares

READY IN



45 min.

SERVINGS



24

CALORIES



228 kcal

DESSERT

### Ingredients

- ☐ 24 servings carton praline and caramel ice cream low-fat divided softened (1/2-gallon) (such as Healthy Choice)
- ☐ 11.8 ounce fudge topping hot
- ☐ 3 cups cream-filled chocolate sandwich cookies crushed reduced-fat (such as Oreos)

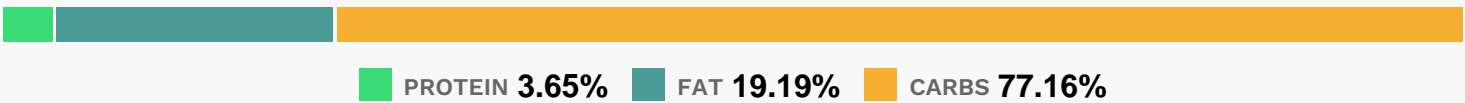
### Equipment

- ☐ bowl
- ☐ baking pan
- ☐ microwave

# Directions

- ☐ Combine cookie crumbs and 1 cup ice cream in a bowl; stir well.
- ☐ Spread into bottom of a 13- x 9-inch baking dish. Freeze until firm.
- ☐ Spread remaining ice cream over cookie mixture; cover. Freeze until firm.
- ☐ Remove lid from hot fudge topping; microwave, in jar, at HIGH 45 seconds.
- ☐ Drizzle topping over ice cream; cover. Freeze 4 hours or until firm.
- ☐ Cut into 24 squares.

# Nutrition Facts



# Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.5913043812565%

# Nutrients (% of daily need)

Calories: 227.78kcal (11.39%), Fat: 5.06g (7.78%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 45.73g (15.24%), Net Carbohydrates: 44.76g (16.28%), Sugar: 35.77g (39.74%), Cholesterol: 0.14mg (0.05%), Sodium: 262.02mg (11.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.33%), Iron: 2.6mg (14.45%), Manganese: 0.21mg (10.35%), Vitamin E: 0.88mg (5.86%), Copper: 0.12mg (5.76%), Vitamin K: 5.83µg (5.55%), Phosphorus: 47.66mg (4.77%), Magnesium: 18.06mg (4.52%), Fiber: 0.97g (3.87%), Vitamin B2: 0.06mg (3.54%), Folate: 13.56µg (3.39%), Potassium: 112.62mg (3.22%), Calcium: 30.6mg (3.06%), Vitamin B1: 0.04mg (2.94%), Vitamin B3: 0.55mg (2.77%), Selenium: 1.88µg (2.68%), Zinc: 0.26mg (1.75%), Vitamin B5: 0.14mg (1.4%), Vitamin B12: 0.08µg (1.34%)