



Grandma & Katie's Frozen Dessert

 Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



246 kcal

DESSERT

Ingredients

- ☐ 15 servings garnish: chocolate syrup
- ☐ 0.5 cup plus light
- ☐ 0.5 cup creamy peanut butter
- ☐ 2 cups chocolate-flavored rice cereal crispy
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- ☐ 0.5 cup peanuts spanish coarsely chopped
- ☐ 0.5 gal. vanilla ice cream softened

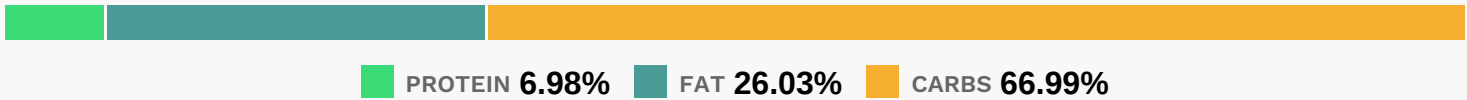
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Blend together peanut butter and corn syrup in a large bowl.
- ☐ Add cereals; stir until coated.
- ☐ Press into the bottom of an ungreased 13"x9" baking pan.
- ☐ Spread ice cream over cereal mixture; sprinkle with peanuts. Swirl chocolate syrup over top; if desired.
- ☐ Cover with aluminum foil; freeze at least 4 hours before serving.
- ☐ Cut into squares to serve.

Nutrition Facts



Properties

Glycemic Index:7.22, Glycemic Load:1.92, Inflammation Score:-4, Nutrition Score:7.3152173964874%

Nutrients (% of daily need)

Calories: 245.95kcal (12.3%), Fat: 7.38g (11.35%), Saturated Fat: 1.48g (9.23%), Carbohydrates: 42.71g (14.24%), Net Carbohydrates: 40.69g (14.8%), Sugar: 29.79g (33.1%), Cholesterol: 0.01mg (0%), Sodium: 103.09mg (4.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.91%), Manganese: 0.54mg (26.81%), Copper: 0.3mg (15%), Vitamin B3: 2.8mg (14.01%), Iron: 2.45mg (13.63%), Magnesium: 51.63mg (12.91%), Folate: 50.39µg (12.6%), Phosphorus: 107.94mg (10.79%), Fiber: 2.02g (8.09%), Zinc: 1.19mg (7.94%), Vitamin B1: 0.12mg (7.74%), Vitamin B2: 0.11mg (6.31%), Vitamin B6: 0.12mg (6.21%), Vitamin E: 0.81mg (5.38%), Potassium: 184.15mg (5.26%), Vitamin B12: 0.2µg (3.36%), Selenium: 2.31µg (3.3%), Calcium: 30.04mg (3%), Vitamin B5: 0.24mg (2.36%), Vitamin A: 66.81IU (1.34%), Vitamin C: 0.88mg (1.07%)