



Healthified Turtle Ice Cream Cake

READY IN



660 min.

SERVINGS



12

CALORIES



287 kcal

DESSERT

Ingredients

- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce fat-free
- ☐ 0.5 cup chocolate wafers such as nabisco famous crushed finely
- ☐ 0.5 cup topping fat-free hot
- ☐ 3 cups chocolate ice cream softened reduced-fat
- ☐ 3 cups vanilla ice cream softened reduced-fat
- ☐ 0.7 cup pecans chopped
- ☐ 1 tablespoon butter 68% melted

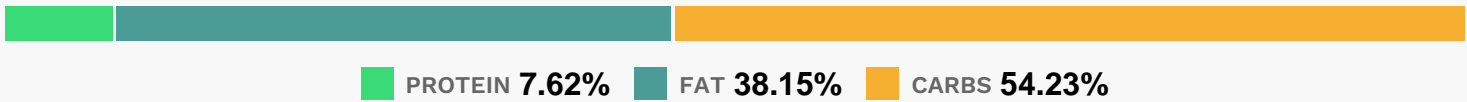
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ springform pan

Directions

- ☐ In small bowl, mix wafer cookie crumbs and melted vegetable oil spread until crumbly. Press gently and evenly in bottom of ungreased 9-inch springform pan. Freeze 30 minutes.
- ☐ Drop chocolate ice cream by small spoonfuls over crust; carefully spread until smooth. Freeze 1 hour or until firm.
- ☐ Spoon and carefully spread fudge topping over ice cream.
- ☐ Sprinkle with 1/3 cup of the pecans; press lightly. Freeze 1 hour or until firm.
- ☐ Drop vanilla ice cream by small spoonfuls over pecan layer; carefully spread until smooth.
- ☐ Sprinkle with remaining 1/3 cup pecans. Cover; freeze at least 8 hours or overnight.
- ☐ To serve, let stand at room temperature 5 to 10 minutes to soften. Carefully remove side of pan.
- ☐ Cut into 12 wedges.
- ☐ Place each wedge on individual dessert plate; drizzle each with 1 teaspoon of the caramel topping. Store remaining ice cream cake covered in freezer.

Nutrition Facts



Properties

Glycemic Index:9.71, Glycemic Load:9.39, Inflammation Score:-4, Nutrition Score:6.1847826242447%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg

Nutrients (% of daily need)

Calories: 286.88kcal (14.34%), Fat: 12.39g (19.07%), Saturated Fat: 4.27g (26.68%), Carbohydrates: 39.65g (13.22%), Net Carbohydrates: 37.96g (13.8%), Sugar: 28.8g (32%), Cholesterol: 21.22mg (7.07%), Sodium: 183.16mg (7.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.14%), Manganese: 0.43mg (21.54%), Calcium: 137.76mg (13.78%), Phosphorus: 114.86mg (11.49%), Vitamin B2: 0.19mg (11.29%), Copper: 0.21mg (10.4%), Magnesium: 31.82mg (7.96%), Vitamin A: 382.54IU (7.65%), Fiber: 1.69g (6.76%), Potassium: 228.74mg (6.54%), Vitamin B1: 0.09mg (6.22%), Zinc: 0.93mg (6.18%), Iron: 1.05mg (5.82%), Vitamin E: 0.65mg (4.33%), Vitamin B12: 0.26µg (4.3%), Selenium: 2.74µg (3.92%), Vitamin B5: 0.39mg (3.9%), Folate: 10.38µg (2.59%), Vitamin B3: 0.48mg (2.42%), Vitamin B6: 0.05mg (2.31%), Vitamin C: 1.03mg (1.25%), Vitamin K: 1.15µg (1.09%)