



Ice Cream Blocks

 Dairy Free

READY IN



195 min.

SERVINGS



16

CALORIES



333 kcal

Ingredients

- 0.3 cup butter ()
- 16 servings mint
- 13 oz cocoa rice cereal sweetened (8-)
- 10 oz marshmallows jet-puffed miniature
- 1 qt whipped cream softened

Equipment

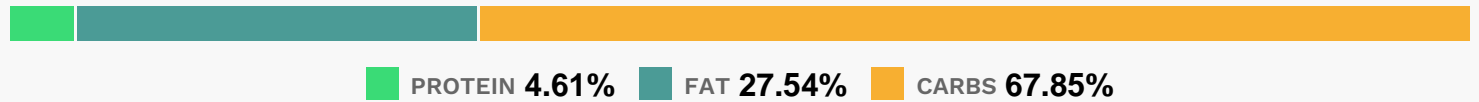
- bowl
- frying pan
- plastic wrap

- aluminum foil
- microwave

Directions

- Line two 13x9-inch pans with foil; lightly spray foil with cooking spray. Set aside. Microwave butter in 4-qt. microwaveable bowl on HIGH 45 sec. or until melted.
- Add marshmallows; toss to coat. Microwave 1-1/2 min. or until marshmallows are completely melted and mixture is well blended, stirring after 45 sec.
- Add cereal; mix well.
- Press half of the cereal mixture firmly and evenly into each prepared pan. Cool 15 min.
- Cut mixture in each pan into 16 rectangles, about 3x2-inches each.
- Spread one rectangle with 1/4 cup of the ice cream; top with second rectangle to make sandwich. Coat edges with decorations as desired. Repeat to make a total of 16 sandwiches. Wrap individually in plastic wrap; freeze 3 hours or until firm.
- Remove from freezer about 10 min. before serving to soften slightly.

Nutrition Facts



Properties

Glycemic Index:7.59, Glycemic Load:16.97, Inflammation Score:-7, Nutrition Score:15.880434798158%

Nutrients (% of daily need)

Calories: 332.96kcal (16.65%), Fat: 10.35g (15.93%), Saturated Fat: 5.21g (32.58%), Carbohydrates: 57.4g (19.13%), Net Carbohydrates: 56.51g (20.55%), Sugar: 33.69g (37.43%), Cholesterol: 26.02mg (8.67%), Sodium: 281.28mg (12.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.9g (7.79%), Folate: 173.85µg (43.46%), Iron: 7.76mg (43.14%), Manganese: 0.83mg (41.54%), Vitamin B2: 0.51mg (30.12%), Vitamin B12: 1.52µg (25.36%), Zinc: 3.62mg (24.11%), Vitamin B1: 0.34mg (23%), Vitamin B6: 0.46mg (22.77%), Vitamin B3: 4.34mg (21.72%), Calcium: 162.53mg (16.25%), Vitamin A: 802.47IU (16.05%), Phosphorus: 98.43mg (9.84%), Selenium: 5.88µg (8.4%), Vitamin B5: 0.69mg (6.86%), Vitamin C: 5.48mg (6.64%), Vitamin D: 0.97µg (6.47%), Potassium: 163.38mg (4.67%), Copper: 0.09mg (4.53%), Magnesium: 15.65mg (3.91%), Fiber: 0.89g (3.57%), Vitamin E: 0.37mg (2.45%)