



## Ice Cream 'Cupcakes

READY IN



195 min.

SERVINGS



12

CALORIES



220 kcal

DESSERT

### Ingredients

- 3 Tbsp butter melted
- 0.3 cup chocolate syrup
- 1 Tbsp multi-colored sprinkles
- 4 cups cookies and cream ice cream
- 1 cup oreo cookies crushed finely
- 1.5 cups cool whip whipped topping thawed

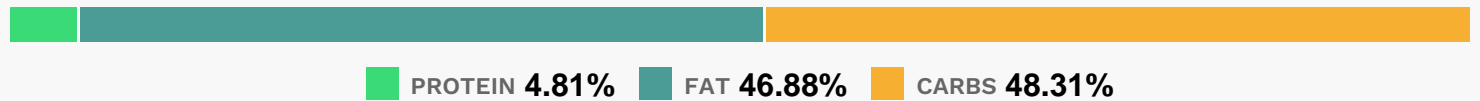
### Equipment

- muffin liners

## Directions

- Mix cookie crumbs and butter until blended; press onto bottoms of 12 paper-lined muffin cups.
- Top with 1 scoop ice cream, using 1/3-cup scoop.
- Drizzle with syrup; top with COOL WHIP and sprinkles.
- Freeze 3 hours or until firm.

## Nutrition Facts



## Properties

Glycemic Index:9.25, Glycemic Load:6.15, Inflammation Score:-2, Nutrition Score:3.9573913151803%

## Nutrients (% of daily need)

Calories: 220.36kcal (11.02%), Fat: 11.61g (17.86%), Saturated Fat: 6.7g (41.86%), Carbohydrates: 26.92g (8.97%), Net Carbohydrates: 26.06g (9.48%), Sugar: 20.83g (23.15%), Cholesterol: 27.18mg (9.06%), Sodium: 121.01mg (5.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.35%), Iron: 1.79mg (9.97%), Vitamin B2: 0.15mg (8.83%), Phosphorus: 74.45mg (7.45%), Calcium: 67.5mg (6.75%), Manganese: 0.12mg (5.89%), Vitamin A: 281.16IU (5.62%), Copper: 0.09mg (4.38%), Magnesium: 17.22mg (4.3%), Vitamin K: 4.37µg (4.16%), Potassium: 143.08mg (4.09%), Vitamin E: 0.59mg (3.95%), Fiber: 0.86g (3.43%), Vitamin B12: 0.2µg (3.27%), Vitamin B1: 0.05mg (3.13%), Zinc: 0.46mg (3.07%), Vitamin B5: 0.3mg (3%), Folate: 10.85µg (2.71%), Selenium: 1.83µg (2.62%), Vitamin B3: 0.43mg (2.14%), Vitamin B6: 0.03mg (1.33%)