



## Ice Cream Sandwich Cake

 Popular

READY IN



60 min.

SERVINGS



15

CALORIES



474 kcal

DESSERT

### Ingredients

- ☐ 12 ounce caramel ice cream topping
- ☐ 12 ounce cream sauce hot warmed
- ☐ 0.3 cup pecans chopped to taste
- ☐ 24 vanilla ice cream sandwiches
- ☐ 16 ounce non-dairy whipped topping thawed cool whip® (such as )

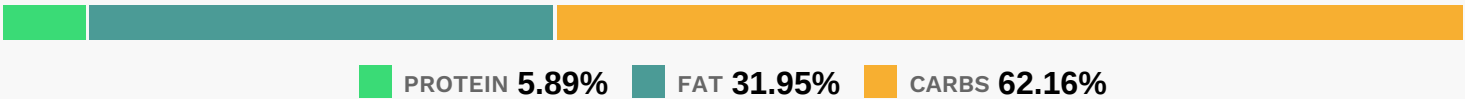
### Equipment

- ☐ aluminum foil

# Directions

- ☐
- Arrange a layer of ice cream sandwiches in the bottom of a 9x13-inch dish; top with a layer of whipped topping, hot fudge topping, and caramel topping. Repeat layering with remaining ice cream sandwiches, whipped topping, hot fudge topping, and caramel topping, ending with a top layer of whipped topping.
- ☐
- Sprinkle with pecans. Cover dish with aluminum foil and freeze until set, at least 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:4.73, Glycemic Load:25.29, Inflammation Score:-3, Nutrition Score:3.7299999944542%

## Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

## Nutrients (% of daily need)

Calories: 474.1kcal (23.7%), Fat: 17.37g (26.72%), Saturated Fat: 7.01g (43.8%), Carbohydrates: 76.02g (25.34%), Net Carbohydrates: 75.21g (27.35%), Sugar: 49.31g (54.79%), Cholesterol: 24.35mg (8.12%), Sodium: 322.06mg (14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.41%), Calcium: 134.57mg (13.46%), Magnesium: 47.7mg (11.92%), Manganese: 0.18mg (8.86%), Potassium: 246.17mg (7.03%), Vitamin A: 324.26IU (6.49%), Phosphorus: 58.25mg (5.83%), Vitamin E: 0.78mg (5.23%), Copper: 0.1mg (5.19%), Fiber: 0.81g (3.24%), Iron: 0.57mg (3.18%), Vitamin B2: 0.05mg (2.95%), Selenium: 1.61µg (2.3%), Zinc: 0.3mg (2.01%), Vitamin B12: 0.11µg (1.92%), Vitamin B1: 0.03mg (1.72%), Vitamin K: 1.6µg (1.52%)