



Ice Cream Sandwich Dessert

READY IN



45 min.

SERVINGS



12

CALORIES



120 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons hot-brewed coffee brewed
- ☐ 0.3 ounce irish whiskey fudge sugar-free divided chopped (such as Murray)
- ☐ 13.8 ounce cream-filled chocolate sandwich cookie crumbs reduced-fat
- ☐ 1 ounce chocolate sugar-free
- ☐ 8 ounce cool whip fat-free frozen thawed

Equipment

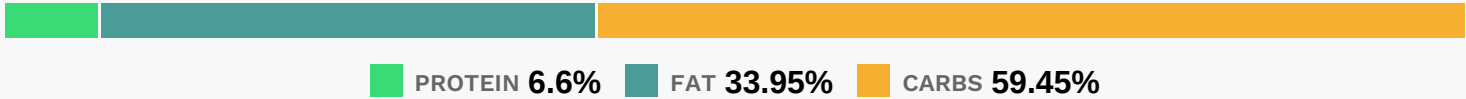
- ☐ bowl
- ☐ oven

- ☐ baking pan
- ☐ microwave

Directions

- ☐ Combine coffee and chocolate bar in a microwave–safe dish; microwave at LOW 1 minute or until chocolate melts, stirring once. (Even if the chocolate does not appear to be completely melted, remove the mixture from the microwave oven and stir until the chocolate melts. The chocolate might burn if it is heated much longer than 1 minute.)
- ☐ Spoon whipped topping into a bowl, and fold chocolate mixture into whipped topping. Stir in half of chopped wafer bars.
- ☐ Arrange ice cream sandwiches in an 11 x 7–inch baking dish.
- ☐ Spread whipped topping mixture evenly over ice cream sandwiches.
- ☐ Sprinkle with remaining chopped wafer bars. Cover and freeze at least 2 hours or until firm.
- ☐ Cut into squares.
- ☐ carbo rating: 26

Nutrition Facts



Properties

Glycemic Index:12.72, Glycemic Load:8.17, Inflammation Score:-1, Nutrition Score:1.5656521845123%

Nutrients (% of daily need)

Calories: 120.34kcal (6.02%), Fat: 4.76g (7.33%), Saturated Fat: 1.81g (11.33%), Carbohydrates: 18.76g (6.25%), Net Carbohydrates: 18.54g (6.74%), Sugar: 10.95g (12.17%), Cholesterol: 9.97mg (3.32%), Sodium: 56.41mg (2.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Vitamin B2: 0.13mg (7.36%), Calcium: 47.46mg (4.75%), Vitamin B12: 0.28µg (4.67%), Magnesium: 13.64mg (3.41%), Vitamin A: 115.71IU (2.31%), Vitamin B1: 0.03mg (1.93%), Potassium: 66.91mg (1.91%), Phosphorus: 16.9mg (1.69%), Vitamin B6: 0.02mg (1.22%)