



Ice Cream Sandwich Dessert

READY IN



8 min.

SERVINGS



12

CALORIES



183 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons chocolate syrup
- ☐ 4.2 ounce chocolate bar sweet divided finely chopped reduced-fat (such as Hershey's Escapes)
- ☐ 2 tablespoons rum / brandy / coffee liqueur (such as Kahlúa)
- ☐ 13.8 ounce cream-filled chocolate sandwich cookie crumbs low-fat
- ☐ 8 ounce cool whip fat-free frozen thawed

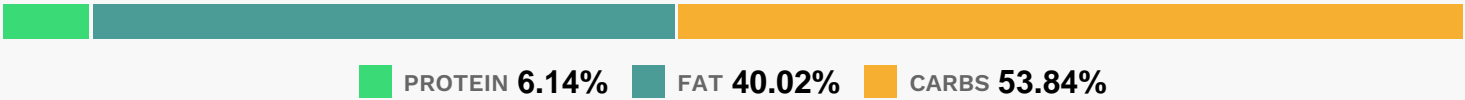
Equipment

- ☐ bowl
- ☐ baking pan

Directions

- ☐ Spoon whipped topping into a large bowl.
- ☐ Combine coffee liqueur and chocolate syrup, and fold 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.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:8.16, Inflammation Score:-2, Nutrition Score:3.5539130300445%

Nutrients (% of daily need)

Calories: 182.64kcal (9.13%), Fat: 8.15g (12.54%), Saturated Fat: 3.74g (23.39%), Carbohydrates: 24.68g (8.23%), Net Carbohydrates: 23.44g (8.52%), Sugar: 14.42g (16.03%), Cholesterol: 10.17mg (3.39%), Sodium: 60.25mg (2.62%), Alcohol: 0.54g (100%), Alcohol %: 1.02% (100%), Caffeine: 8.14mg (2.71%), Protein: 2.81g (5.63%), Manganese: 0.21mg (10.3%), Copper: 0.2mg (9.79%), Magnesium: 35.43mg (8.86%), Vitamin B2: 0.13mg (7.44%), Iron: 1.32mg (7.31%), Calcium: 54.2mg (5.42%), Vitamin B12: 0.31µg (5.12%), Fiber: 1.24g (4.98%), Phosphorus: 47.71mg (4.77%), Potassium: 136.32mg (3.89%), Zinc: 0.41mg (2.74%), Vitamin A: 118.45IU (2.37%), Vitamin B1: 0.03mg (2.11%), Selenium: 1.29µg (1.84%), Vitamin B6: 0.03mg (1.36%)