



WHATSheATE



Ice Cream Sundae Pie

READY IN



45 min.

SERVINGS



8

CALORIES



1384 kcal

DESSERT

Ingredients

- ☐ 0.5 cup mrs richardson's butterscotch caramel sauce
- ☐ 2 tablespoons powdered sugar
- ☐ 9 inch graham cracker crust
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 0.5 cup topping
- ☐ 2 pints whipped cream softened

Equipment

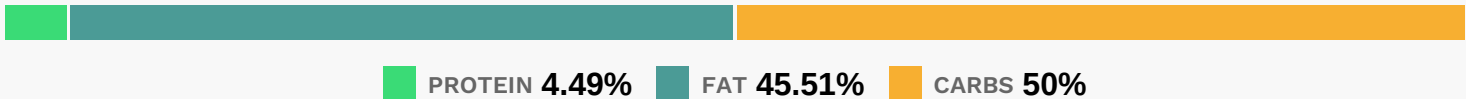
- ☐ bowl

- ☐ ziploc bags
- ☐ kitchen scissors

Directions

- ☐ Use a large spoon to scoop 1 pint ice cream into thin, flat scoops, and then spread on bottom of crust. Smooth with back of spoon.
- ☐ Spread 1/2 cup caramel sauce over ice cream. Freeze pie until solid, 30 minutes to 2 hours.
- ☐ Remove frozen pie from freezer and top with another 1/2 pint ice cream; spread evenly over caramel.
- ☐ Spread 1/2 cup fudge sauce over ice cream. Freeze pie until solid, 30 minutes to 2 hours.
- ☐ Remove frozen pie and top with final 1/2 pint ice cream.
- ☐ Drizzle remaining 2 Tbsp. each caramel and fudge sauce over pie. Freeze pie until solid, 30 minutes or up to 2 hours.
- ☐ In a medium bowl, whip heavy cream and confectioners' sugar until firm peaks form.
- ☐ Transfer whipped cream to a plastic bag and snip off a 1/4-inch tip with scissors. Pipe whipped cream around edge of pie. Freeze until ready to serve.
- ☐ Serve with additional whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:16.52, Inflammation Score:-7, Nutrition Score:24.666087083195%

Nutrients (% of daily need)

Calories: 1383.68kcal (69.18%), Fat: 70.19g (107.98%), Saturated Fat: 23.48g (146.77%), Carbohydrates: 173.52g (57.84%), Net Carbohydrates: 168.53g (61.28%), Sugar: 76.97g (85.52%), Cholesterol: 77.45mg (25.82%), Sodium: 1115.39mg (48.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.57g (31.15%), Manganese: 2.55mg (127.44%), Vitamin B2: 0.75mg (44.17%), Vitamin K: 43.24µg (41.18%), Phosphorus: 384.85mg (38.49%), Folate: 132.16µg (33.04%), Vitamin B3: 6.36mg (31.79%), Vitamin E: 4.61mg (30.7%), Iron: 5.35mg (29.72%), Vitamin B1: 0.41mg (27.42%), Copper: 0.52mg (26.12%), Calcium: 237.86mg (23.79%), Zinc: 3.42mg (22.79%), Fiber: 4.99g (19.98%), Magnesium: 71.94mg (17.98%), Vitamin A: 841.02IU (16.82%), Potassium: 536.04mg (15.32%), Selenium: 8.4µg (12.01%), Vitamin B5: 1.13mg (11.3%), Vitamin B6: 0.21mg (10.69%), Vitamin B12: 0.53µg (8.9%), Vitamin D:

0.59µg (3.96%), Vitamin C: 0.95mg (1.15%)