



Ice Cream Treasures

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



305 kcal

DESSERT

Ingredients

- 2 tablespoons butter melted
- 4 cups rice cereal crispy crushed (such as Rice Chex)
- 0.7 cup t brown sugar dark packed
- 6 ounces chocolate bar english crushed (such as Heath)
- 8 cups vanilla ice cream softened reduced-fat (such as Healthy Choice)
- 2 cups whole-grain oat cereal toasted (such as Cheerios)
- 0.3 cup slivered almonds toasted
- 0.3 cup coconut sweetened flaked toasted

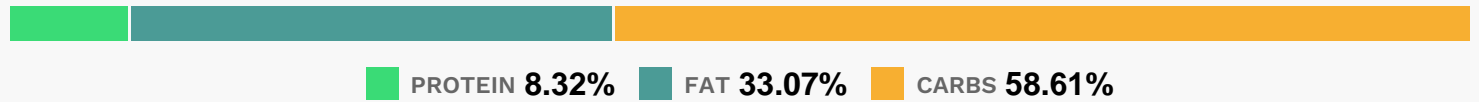
Equipment

- bowl
- baking pan

Directions

- Stir crushed candy into ice cream. Cover and freeze until ready to use.
- Combine cereals, brown sugar, and remaining ingredients in a large bowl, stirring until well blended. Press half of cereal mixture in bottom of a 13 x 9-inch baking pan.
- Let ice cream stand at room temperature 20 minutes or until softened.
- Spread softened ice cream mixture over cereal mixture; top evenly with remaining cereal mixture. Cover and freeze 8 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:7.44, Glycemic Load:8.87, Inflammation Score:-4, Nutrition Score:7.5604347508887%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 305.26kcal (15.26%), Fat: 11.31g (17.4%), Saturated Fat: 6.3g (39.39%), Carbohydrates: 45.11g (15.04%), Net Carbohydrates: 42.95g (15.62%), Sugar: 30.32g (33.69%), Cholesterol: 24.6mg (8.2%), Sodium: 95.49mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.5mg (2.83%), Protein: 6.41g (12.81%), Vitamin B2: 0.29mg (17.29%), Calcium: 154.82mg (15.48%), Manganese: 0.29mg (14.26%), Phosphorus: 129.91mg (12.99%), Copper: 0.24mg (12.23%), Iron: 2.09mg (11.63%), Magnesium: 44.12mg (11.03%), Vitamin B1: 0.14mg (9.23%), Fiber: 2.16g (8.65%), Potassium: 275mg (7.86%), Vitamin A: 388.38IU (7.77%), Zinc: 1.05mg (6.97%), Vitamin B12: 0.39µg (6.5%),

Vitamin E: 0.78mg (5.17%), Folate: 19.18µg (4.8%), Vitamin B6: 0.1mg (4.78%), Selenium: 3.24µg (4.63%), Vitamin B5: 0.44mg (4.37%), Vitamin B3: 0.79mg (3.97%), Vitamin C: 2.16mg (2.62%), Vitamin K: 1.21µg (1.15%)