



Layered Amaretti-Ice Cream Loaf

READY IN



12 min.

SERVINGS



10

CALORIES



278 kcal

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 1 cup amaretti cookies divided crushed (14 cookies)
- ☐ 2 cups ice-cream chocolate shell fat-free softened
- ☐ 10 tablespoons fudge topping fat-free
- ☐ 2 cups coffee ice cream light softened
- ☐ 2 cups caramel praline yogurt light frozen softened (such as Edy's)

Equipment

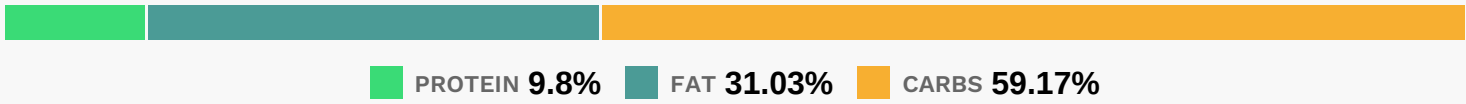
- ☐ frying pan
- ☐ plastic wrap

☐ loaf pan

Directions

- ☐ Line an 8 x 4-inch loaf pan with plastic wrap, letting plastic wrap extend over sides of pan.
- ☐ Sprinkle toasted almonds evenly in pan. Carefully spoon chocolate ice cream over almonds, and spread evenly. Top chocolate ice cream with 1/2 cup crushed cookies. Spoon frozen yogurt over cookies, and spread. Top frozen yogurt evenly with remaining 1/2 cup cookies. Spoon coffee ice cream over cookies, and spread.
- ☐ Cover with plastic wrap, and freeze 8 hours or until firm.
- ☐ Invert pan onto a serving plate, and remove plastic wrap.
- ☐ Cut into vertical slices; serve with fudge topping.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:7.22, Inflammation Score:-3, Nutrition Score:6.0826086738835%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg 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: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg 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: 278.39kcal (13.92%), Fat: 9.84g (15.14%), Saturated Fat: 4.67g (29.17%), Carbohydrates: 42.24g (14.08%), Net Carbohydrates: 40.47g (14.72%), Sugar: 31.63g (35.15%), Cholesterol: 23.74mg (7.91%), Sodium: 165.87mg (7.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.98%), Calcium: 154.57mg (15.46%), Vitamin B2: 0.25mg (14.74%), Phosphorus: 139.29mg (13.93%), Vitamin E: 1.43mg (9.53%), Manganese: 0.18mg (9.05%), Magnesium: 35.19mg (8.8%), Potassium: 281.36mg (8.04%), Copper: 0.14mg (7.15%), Fiber: 1.76g (7.04%), Vitamin B12: 0.41µg (6.87%), Zinc: 0.92mg (6.12%), Vitamin A: 294.94IU (5.9%), Vitamin B5: 0.52mg (5.2%), Iron: 0.85mg (4.7%), Selenium: 2.91µg (4.16%), Vitamin B1: 0.05mg (3.61%), Folate: 11.59µg (2.9%), Vitamin B6: 0.05mg (2.59%), Vitamin B3: 0.3mg (1.48%), Vitamin C: 0.83mg (1.01%)