



## Lemon Blueberry Ice Cream Cupcakes

READY IN



500 min.

SERVINGS



12

CALORIES



376 kcal

DESSERT

### Ingredients

- 12 peanut butter cups
- 24 grands flaky refrigerator biscuits crushed
- 0.5 cup blueberry filling (from 21-oz can)
- 8 oz cool whip frozen thawed
- 14 oz condensed milk sweetened canned (not evaporated)
- 6 oz lemonade concentrate frozen thawed canned
- 1 serving sprinkles

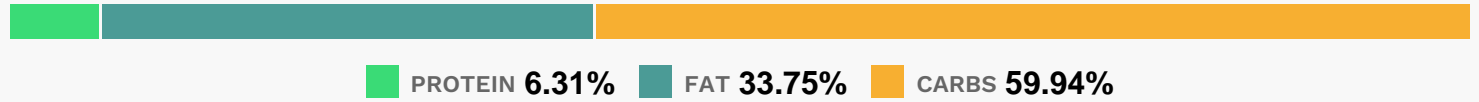
### Equipment

- bowl
- aluminum foil
- muffin liners

## Directions

- Place foil baking cup in each of 12 regular-size muffin cups.
- Sprinkle crushed cookies in cups. Spoon 2 teaspoons pie filling over cookies in each cup.
- In medium bowl, place whipped topping. Fold in condensed milk and lemonade concentrate. Spoon over fruit filling in baking cups.
- Cover and freeze 8 hours or until firm. Top with sprinkles just before serving.

## Nutrition Facts



## Properties

Glycemic Index:10.42, Glycemic Load:18.98, Inflammation Score:-2, Nutrition Score:6.6347825501276%

## Nutrients (% of daily need)

Calories: 375.75kcal (18.79%), Fat: 14.41g (22.17%), Saturated Fat: 5.84g (36.5%), Carbohydrates: 57.6g (19.2%), Net Carbohydrates: 56.33g (20.48%), Sugar: 44.55g (49.5%), Cholesterol: 15.29mg (5.1%), Sodium: 189.2mg (8.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.13%), Vitamin B2: 0.34mg (19.99%), Phosphorus: 139.4mg (13.94%), Calcium: 134.14mg (13.41%), Vitamin B1: 0.16mg (10.73%), Selenium: 7.04µg (10.06%), Folate: 32.65µg (8.16%), Vitamin B3: 1.58mg (7.92%), Vitamin B12: 0.47µg (7.82%), Potassium: 241.79mg (6.91%), Magnesium: 25.54mg (6.38%), Manganese: 0.11mg (5.64%), Iron: 0.97mg (5.39%), Fiber: 1.27g (5.1%), Zinc: 0.7mg (4.68%), Vitamin B5: 0.44mg (4.4%), Vitamin E: 0.62mg (4.14%), Copper: 0.08mg (4.07%), Vitamin B6: 0.08mg (3.87%), Vitamin C: 2.84mg (3.45%), Vitamin K: 3.25µg (3.09%), Vitamin A: 150.5IU (3.01%)