



## Malt Shop Ice Cream Pie

READY IN



45 min.

SERVINGS



10

CALORIES



421 kcal

DESSERT

## Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup topping fat-free hot
- ☐ 2 tablespoons honey
- ☐ 2 cups vanilla ice cream low-fat softened
- ☐ 0.3 cup liquid malt extract divided
- ☐ 2 cups strawberry ice cream low-fat softened
- ☐ 0.5 cup strawberry-vin santo sauce
- ☐ 2 cups sugar crushed
- ☐ 1.3 cups whipped cream light canned (such as Reddi-wip)

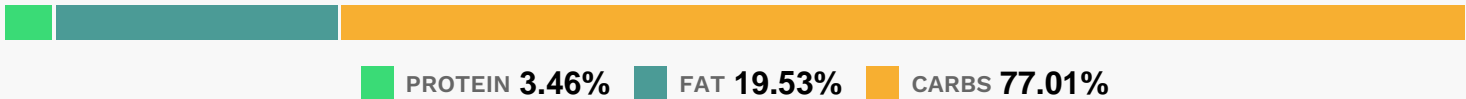
# Equipment

- ☐ bowl
- ☐ blender

# Directions

- ☐ Combine first 3 ingredients, stirring well. Firmly press mixture into bottom and up sides of a 9-inch pie plate. Freeze 30 minutes or until firm.
- ☐ Place softened strawberry ice cream and 2 tablespoons milk powder in a medium bowl; beat with a mixer at medium speed until smooth. Spoon mixture evenly into crust; spread with strawberry topping. Freeze 30 minutes or until firm.
- ☐ Place softened vanilla ice cream and remaining 2 tablespoons milk powder in a medium bowl; beat with a mixer at medium speed until smooth.
- ☐ Spread mixture evenly over strawberry topping. Cover and freeze 4 hours or until firm. Top with hot fudge and whipped cream just before serving.

# Nutrition Facts



# Properties

Glycemic Index:26.34, Glycemic Load:33.44, Inflammation Score:-3, Nutrition Score:4.4721738631311%

# Nutrients (% of daily need)

Calories: 421.28kcal (21.06%), Fat: 9.42g (14.49%), Saturated Fat: 5.49g (34.33%), Carbohydrates: 83.55g (27.85%), Net Carbohydrates: 82.67g (30.06%), Sugar: 62.12g (69.03%), Cholesterol: 28.49mg (9.5%), Sodium: 126.33mg (5.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.51%), Vitamin B2: 0.21mg (12.15%), Calcium: 107.3mg (10.73%), Phosphorus: 92.01mg (9.2%), Vitamin A: 352.38IU (7.05%), Manganese: 0.12mg (5.97%), Vitamin C: 4.87mg (5.9%), Potassium: 203.07mg (5.8%), Magnesium: 19.8mg (4.95%), Vitamin B12: 0.28µg (4.71%), Copper: 0.08mg (4.23%), Vitamin B5: 0.41mg (4.11%), Vitamin E: 0.58mg (3.85%), Selenium: 2.51µg (3.59%), Vitamin B1: 0.05mg (3.58%), Fiber: 0.88g (3.54%), Zinc: 0.52mg (3.48%), Vitamin B6: 0.05mg (2.45%), Iron: 0.42mg (2.35%), Folate: 8.45µg (2.11%), Vitamin B3: 0.33mg (1.64%), Vitamin K: 1.13µg (1.07%)