



Milk Chocolate Peppermint Ice Cream Crunch Cake

READY IN



310 min.

SERVINGS



8

CALORIES



590 kcal

DESSERT

Ingredients

- ☐ 8 tablespoons butter
- ☐ 8 servings chocolate syrup
- ☐ 3 cups rice cereal crispy
- ☐ 6 cups peppermint ice cream softened
- ☐ 6 ounces chocolate chopped (Hershey Bars)
- ☐ 2 cups non-dairy whipped topping sweetened

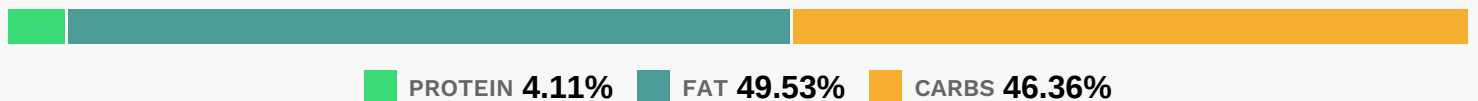
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ microwave
- ☐ springform pan

Directions

- ☐ Line inside of a 9 inch springform pan with non-stick foil or line with regular foil and spray foil generously with cooking spray.
- ☐ Place butter and chocolate in a large microwave-safe bowl and melt on high for 30 seconds. Stir. Repeat until chocolate is melted.
- ☐ Pour cereal into chocolate and stir to coat. Empty cereal mixture into greased, foil lined pan and press to make a crust.
- ☐ Place in the freezer for 20 minutes.
- ☐ Remove from freezer and spread softened peppermint ice cream evenly over the top. Freeze until it's a bit more firm (about an hour), then spread whipped cream or whipped topping over ice cream. Cover with plastic wrap and freeze for another 3 hours or more
- ☐ Grasp foil, lift from pan and set on a platter, peeling away foil.
- ☐ Garnish with chocolate syrup.
- ☐ Let pie sit for 15 minutes before cutting, then with a Chef's knife, cut into wedges. Note: If you line the pan with non-stick or greased foil, you won't actually take the sides off the pan, but around here springform pans have the highest sides (a little over 3 inches) and regular 9 inch pans are too shallow.

Nutrition Facts



Properties

Glycemic Index:26.08, Glycemic Load:19.84, Inflammation Score:-6, Nutrition Score:9.2378260389618%

Nutrients (% of daily need)

Calories: 590.07kcal (29.5%), Fat: 33.36g (51.33%), Saturated Fat: 20.49g (128.08%), Carbohydrates: 70.27g (23.42%), Net Carbohydrates: 67.27g (24.46%), Sugar: 53g (58.89%), Cholesterol: 85.06mg (28.35%), Sodium: 202.97mg (8.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.43mg (5.48%), Protein: 6.22g (12.45%), Phosphorus: 211.78mg (21.18%), Vitamin B2: 0.34mg (20.1%), Copper: 0.37mg (18.39%), Vitamin A: 869.4IU (17.39%), Magnesium: 67.92mg (16.98%), Calcium: 156.56mg (15.66%), Manganese: 0.27mg (13.3%), Fiber: 3g (12%), Potassium: 381.8mg (10.91%), Iron: 1.73mg (9.61%), Zinc: 1.44mg (9.59%), Vitamin B12: 0.45µg (7.56%), Vitamin B5: 0.66mg (6.57%), Selenium: 4.02µg (5.75%), Vitamin B1: 0.09mg (5.7%), Vitamin E: 0.79mg (5.25%), Folate: 18.04µg (4.51%), Vitamin B6: 0.07mg (3.28%), Vitamin B3: 0.65mg (3.24%), Vitamin K: 3.11µg (2.96%), Vitamin D: 0.26µg (1.72%)