



Mini Peanut Butter Crunch Ice Cream Cakes

 Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



914 kcal

DESSERT

Ingredients

- 1 brownie mix
- 1 cup rice cereal crisp
- 1 jar topping hot
- 2 cups whipped cream softened
- 1 cup peanut butter
- 2 peanut butter candy pieces
- 6 oz semi chocolate chips
- 4 servings vegetable oil for on brownie mix box

Equipment

- frying pan
- baking sheet
- sauce pan
- baking paper
- oven
- knife
- toothpicks
- cookie cutter

Directions

- Heat oven to 350°F. Spray 2 (8-inch) round cake pans with cooking spray; line with cooking parchment paper. Make brownies as directed on box, using water oil and eggs. Divide batter evenly between pans.
- Bake 15 to 18 minutes or until toothpick inserted 2 inches from side of pan comes out almost clean. Cool completely in pans on cooling racks. Use parchment paper to lift out of pan. With 2 1/4-inch round cookie cutter, cut out 6 rounds from each brownie.
- Place 8 of the rounds on cookie sheet; set remaining 4 rounds aside.
- In 2-quart saucepan, heat chocolate chips and peanut butter until melted.
- Remove from heat; stir in cereal until coated.
- Spread thin layer of cereal mixture over 8 brownie rounds on cookie sheet. Freeze 15 minutes.
- Remove brownies from freezer. Top each with small scoop of ice cream; stack 1 brownie round on top of another. Top each stack with 1 plain brownie round; press gently. (Clean up sides of cakes with knife, if necessary.) Top with dollop of hot fudge topping.
- Garnish with candy half.

Nutrition Facts

  

 PROTEIN 8.41%  FAT 67.45%  CARBS 24.14%

Properties

Glycemic Index:31.75, Glycemic Load:10.92, Inflammation Score:-7, Nutrition Score:23.322608941275%

Nutrients (% of daily need)

Calories: 913.5kcal (45.67%), Fat: 70.7g (108.78%), Saturated Fat: 22.6g (141.23%), Carbohydrates: 56.94g (18.98%), Net Carbohydrates: 49.9g (18.14%), Sugar: 36.8g (40.89%), Cholesterol: 31.59mg (10.53%), Sodium: 336.36mg (14.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 36.59mg (12.2%), Protein: 19.83g (39.65%), Manganese: 1.52mg (75.98%), Vitamin E: 7.49mg (49.9%), Magnesium: 194.96mg (48.74%), Vitamin B3: 9.2mg (46%), Copper: 0.83mg (41.52%), Phosphorus: 405.1mg (40.51%), Fiber: 7.04g (28.18%), Vitamin K: 29.23µg (27.84%), Iron: 4.01mg (22.28%), Zinc: 3.28mg (21.86%), Potassium: 743.79mg (21.25%), Vitamin B2: 0.32mg (18.58%), Vitamin B6: 0.33mg (16.65%), Folate: 66.19µg (16.55%), Calcium: 143.27mg (14.33%), Vitamin B5: 1.2mg (11.97%), Selenium: 7.9µg (11.29%), Vitamin B1: 0.15mg (10.07%), Vitamin A: 299.13IU (5.98%), Vitamin B12: 0.33µg (5.58%)