



Mmm-Mmm Ice Cream Cake

READY IN



150 min.

SERVINGS



12

CALORIES



650 kcal

DESSERT

Ingredients

- 0.5 cup almonds sliced
- 1 cup brown sugar
- 0.3 cup butter melted
- 6 ounce chocolate chips
- 0.8 cup plus light
- 1 cup high-protein rice and wheat cereal crushed crisp (such as Kellogg's® Special K®)
- 0.5 cup evaporated milk
- 1 cup coconut or sweetened flaked
- 0.5 gallon whipped cream softened

Equipment

- bowl
- sauce pan

Directions

- Mix melted butter, brown sugar, almonds, coconut, and crushed cereal together in a bowl until thoroughly combined and crumbly. Press half the mixture into a 9x13-inch dish; reserve remaining mixture.
- Smooth the ice cream in an even layer over the crust.
- Sprinkle top with remaining cereal mixture.
- In a saucepan, combine the chocolate chips, corn syrup, and evaporated milk over low heat until the chocolate chips have melted; stir the mixture until combined and smooth.
- Heat to a bare simmer, and cook, stirring constantly, until the syrup has thickened, 5 to 10 minutes. Allow to cool for about 10 minutes, then drizzle syrup over the top of the cake. Freeze the cake until firm, at least 2 hours; remove about 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:25.18, Inflammation Score:-6, Nutrition Score:10.471304414065%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg 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: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg 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: 649.66kcal (32.48%), Fat: 31.29g (48.14%), Saturated Fat: 18.99g (118.69%), Carbohydrates: 88.16g (29.39%), Net Carbohydrates: 85.83g (31.21%), Sugar: 79.7g (88.56%), Cholesterol: 86mg (28.67%), Sodium:

234.63mg (10.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.49g (14.98%), Vitamin B2: 0.49mg (29.1%), Calcium: 278.33mg (27.83%), Phosphorus: 218.02mg (21.8%), Vitamin A: 888.4IU (17.77%), Potassium: 470.2mg (13.43%), Manganese: 0.26mg (13.05%), Vitamin B12: 0.77µg (12.81%), Zinc: 1.76mg (11.71%), Vitamin E: 1.63mg (10.84%), Vitamin B5: 1.08mg (10.75%), Magnesium: 41.23mg (10.31%), Fiber: 2.33g (9.32%), Vitamin B1: 0.12mg (8.18%), Selenium: 5.25µg (7.5%), Iron: 1.29mg (7.18%), Folate: 27.67µg (6.92%), Vitamin B6: 0.14mg (6.88%), Copper: 0.11mg (5.64%), Vitamin B3: 0.83mg (4.15%), Vitamin D: 0.41µg (2.73%), Vitamin C: 1.65mg (1.99%)