



Mud Pie

 Vegetarian

READY IN



390 min.

SERVINGS



10

CALORIES



1332 kcal

Ingredients

- ☐ 0.5 pound butter melted
- ☐ 2 cups chocolate fudge sauce
- ☐ 10 servings chocolate sauce
- ☐ 3 cups chocolate sandwich cookie crumbs recommended: Oreos
- ☐ 1 gallon coffee ice cream amount varies depending on size of the bowl
- ☐ 10 servings whipped cream

Equipment

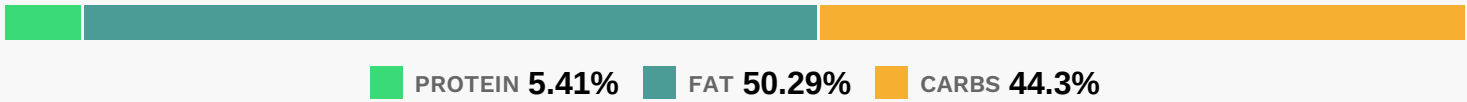
- ☐ food processor
- ☐ mixing bowl

☐ pie form

Directions

- ☐ Melt butter. Grind cookie crumbs in a food processor.
- ☐ Add butter to crumbs to make a formable consistency. Press into a very large pie pan leaving a slight mound in the center and the crust going all the way up on edge. Freeze the crust for several hours. Pack ice cream into a mixing bowl the same diameter as the pie pan. Freeze the ice cream in the bowl for several hours. Invert the ice cream onto the crust and work the ice cream out of the bowl.
- ☐ Pour fudge sauce on top of the mud pie. Cover with plastic and freeze again.
- ☐ Cut into slices to serve. Decorate with whipped cream and chocolate sauce.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:65.3, Inflammation Score:-8, Nutrition Score:21.940000036488%

Nutrients (% of daily need)

Calories: 1332.11kcal (66.61%), Fat: 74.73g (114.96%), Saturated Fat: 43.08g (269.25%), Carbohydrates: 148.11g (49.37%), Net Carbohydrates: 143.34g (52.12%), Sugar: 108.73g (120.81%), Cholesterol: 220.5mg (73.5%), Sodium: 768.87mg (33.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.33mg (1.44%), Protein: 18.09g (36.18%), Vitamin B2: 1.07mg (62.97%), Calcium: 530.22mg (53.02%), Phosphorus: 488mg (48.8%), Vitamin A: 2228.56IU (44.57%), Potassium: 969.47mg (27.7%), Vitamin E: 4.06mg (27.05%), Vitamin B12: 1.57µg (26.16%), Vitamin B5: 2.41mg (24.07%), Zinc: 3.31mg (22.1%), Magnesium: 87.97mg (21.99%), Manganese: 0.39mg (19.4%), Fiber: 4.77g (19.08%), Vitamin B1: 0.29mg (19.03%), Copper: 0.33mg (16.49%), Selenium: 10.41µg (14.87%), Folate: 46.56µg (11.64%), Iron: 2.05mg (11.36%), Vitamin B6: 0.22mg (10.93%), Vitamin B3: 1.59mg (7.96%), Vitamin K: 7.68µg (7.32%), Vitamin D: 0.78µg (5.21%), Vitamin C: 2.39mg (2.9%)