



Muddy Buddies® Brownie Ice Cream

 Dairy Free

READY IN



135 min.

SERVINGS



10

CALORIES



406 kcal

DESSERT

Ingredients

- ☐ 6 cups whipped cream softened
- ☐ 10 chocolate chip cookie mix crumbled (from 13-oz package)
- ☐ 10.5 oz brownie mix chex mix® muddy buddies®
- ☐ 0.7 cup chocolate syrup

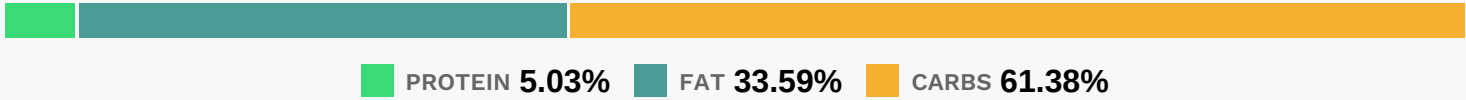
Equipment

- ☐ bowl

Directions

- ☐ In large bowl, mix ice cream, crumbled cookies and 2 cups of the snack mix. Freeze at least 1 hour until firm.
- ☐ For sundaes, scoop generous 1/2 cup ice cream mixture into each serving bowl.
- ☐ Drizzle each with 1 tablespoon chocolate syrup; top with remaining snack mix.

Nutrition Facts



Properties

Glycemic Index:10.97, Glycemic Load:14.54, Inflammation Score:-3, Nutrition Score:4.8195652313854%

Nutrients (% of daily need)

Calories: 406.35kcal (20.32%), Fat: 15.19g (23.37%), Saturated Fat: 7.31g (45.71%), Carbohydrates: 62.47g (20.82%), Net Carbohydrates: 61.08g (22.21%), Sugar: 45.05g (50.05%), Cholesterol: 35.73mg (11.91%), Sodium: 204.17mg (8.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.12g (10.23%), Vitamin B2: 0.22mg (12.93%), Phosphorus: 114.35mg (11.44%), Calcium: 104.18mg (10.42%), Iron: 1.46mg (8.12%), Magnesium: 27.72mg (6.93%), Vitamin A: 333.43IU (6.67%), Potassium: 222.43mg (6.36%), Copper: 0.12mg (6.03%), Fiber: 1.38g (5.53%), Vitamin B12: 0.31µg (5.15%), Zinc: 0.75mg (4.98%), Vitamin B1: 0.07mg (4.7%), Vitamin B5: 0.46mg (4.63%), Manganese: 0.08mg (4.14%), Folate: 11.73µg (2.93%), Selenium: 1.71µg (2.44%), Vitamin B6: 0.04mg (1.96%), Vitamin B3: 0.38mg (1.88%), Vitamin E: 0.24mg (1.61%), Vitamin D: 0.16µg (1.06%)