



Muddy Buddies® Brownie Ice Cream Cake

READY IN



135 min.

SERVINGS



10

CALORIES



512 kcal

DESSERT

Ingredients

- 10.5 oz brownie mix chex mix® muddy buddies®
- 0.3 cup butter melted
- 1.5 quarts ice-cream chocolate shell softened
- 8 oz cool whip frozen thawed

Equipment

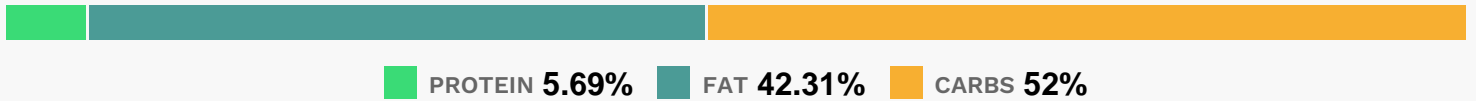
- bowl
- frying pan
- knife

- aluminum foil
- ziploc bags
- springform pan

Directions

- Reserve 1/2 cup snack mix from bag. Lightly spray bottom of 9-inch springform pan with cooking spray. In resealable food-storage plastic bag, place remaining snack mix; seal bag, and crush mix.
- Place in medium bowl. Stir in melted butter, and press in bottom of pan. Refrigerate 10 minutes.
- Gently spread ice cream over crust in pan. Cover with whipped topping.
- Sprinkle with reserved snack mix. Cover loosely with foil. Freeze 2 to 4 hours or until firm.
- To serve, remove side of pan.
- Let stand 5 minutes.
- Cut with hot wet knife. Store leftovers loosely cover in freezer.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:19.17, Inflammation Score:-5, Nutrition Score:8.5304347224857%

Nutrients (% of daily need)

Calories: 512.37kcal (25.62%), Fat: 24.95g (38.39%), Saturated Fat: 14g (87.48%), Carbohydrates: 69.01g (23%), Net Carbohydrates: 67.22g (24.44%), Sugar: 54.45g (60.5%), Cholesterol: 64.09mg (21.36%), Sodium: 247.62mg (10.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.26mg (1.42%), Protein: 7.55g (15.1%), Vitamin B2: 0.42mg (24.57%), Calcium: 180.58mg (18.06%), Phosphorus: 168.67mg (16.87%), Vitamin A: 772.03IU (15.44%), Vitamin B12: 0.76µg (12.62%), Iron: 2.16mg (12.03%), Potassium: 379.32mg (10.84%), Magnesium: 43.09mg (10.77%), Manganese: 0.2mg (9.94%), Copper: 0.2mg (9.8%), Vitamin B5: 0.79mg (7.93%), Fiber: 1.79g (7.18%), Folate: 26.74µg (6.68%), Vitamin B1: 0.09mg (6.23%), Selenium: 4.29µg (6.12%), Zinc: 0.9mg (5.99%), Vitamin B6: 0.11mg (5.31%), Vitamin E: 0.58mg (3.85%), Vitamin B3: 0.41mg (2.03%), Vitamin D: 0.28µg (1.89%), Vitamin C: 0.99mg (1.2%)