



Naughty Hula Pie

READY IN



45 min.

SERVINGS



8

CALORIES



610 kcal

Ingredients

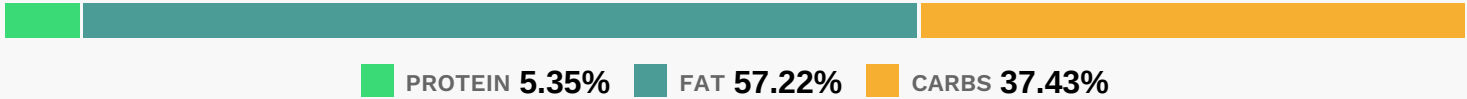
- ☐ 1 9-inch chocolate cookie crumb crust prepared ()
- ☐ 12 ounce fudge topping hot
- ☐ 0.5 cup heavy whipping cream
- ☐ 6.5 ounce macadamia nuts chopped
- ☐ 1 quart whipped cream softened

Equipment

Directions

- ☐ Reserve 1/2 cup of the nuts and stir the remaining nuts into the ice cream. Fill the cookie shell and return to the freezer until firm.
- ☐ When ready to serve cover the top with fudge sauce, dollop with whipped cream and sprinkle with reserved 1/2 cup chopped macadamia nuts.

Nutrition Facts



Properties

Glycemic Index:8.88, Glycemic Load:16.64, Inflammation Score:-6, Nutrition Score:12.853913125785%

Nutrients (% of daily need)

Calories: 610.28kcal (30.51%), Fat: 39.65g (61%), Saturated Fat: 15.93g (99.56%), Carbohydrates: 58.36g (19.45%), Net Carbohydrates: 54.35g (19.76%), Sugar: 41.4g (46%), Cholesterol: 69.28mg (23.09%), Sodium: 247.57mg (10.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.69%), Manganese: 1.12mg (55.95%), Vitamin B2: 0.39mg (22.83%), Vitamin B1: 0.34mg (22.77%), Phosphorus: 217.56mg (21.76%), Calcium: 201.65mg (20.16%), Copper: 0.35mg (17.55%), Magnesium: 67.99mg (17%), Fiber: 4g (16.01%), Vitamin A: 717.53IU (14.35%), Potassium: 455.22mg (13.01%), Vitamin E: 1.73mg (11.56%), Zinc: 1.5mg (10.03%), Vitamin B5: 0.95mg (9.5%), Vitamin B12: 0.51µg (8.51%), Iron: 1.53mg (8.49%), Vitamin B6: 0.13mg (6.69%), Selenium: 4.38µg (6.26%), Vitamin B3: 0.83mg (4.13%), Vitamin D: 0.47µg (3.16%), Folate: 10.83µg (2.71%), Vitamin K: 1.89µg (1.8%), Vitamin C: 1.16mg (1.41%)