



Neapolitan Ice Cream Pie

 Dairy Free

READY IN



250 min.

SERVINGS



8

CALORIES



444 kcal

Ingredients

- ☐ 8 cups whipped cream softened
- ☐ 6 oz chocolate pie crust
- ☐ 0.5 cup cream sauce hot

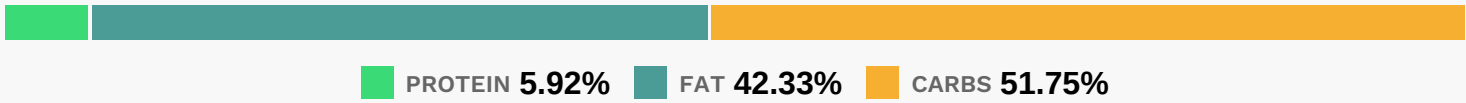
Equipment

Directions

- ☐ Using half of the ice cream, scoop into crumb crust to cover; press down slightly to fill in gaps.
- ☐ Drizzle with 1/4 cup of the ice cream topping.

- ☐
- Scoop remaining ice cream over topping; press down slightly.
- ☐
- Drizzle with remaining topping. Cover; freeze at least 4 hours or until firm. If desired, serve pie with additional warm hot fudge ice cream topping.

Nutrition Facts



Properties

Glycemic Index:7.63, Glycemic Load:18.44, Inflammation Score:-4, Nutrition Score:7.28999999437125%

Nutrients (% of daily need)

Calories: 443.92kcal (22.2%), Fat: 20.9g (32.15%), Saturated Fat: 10.78g (67.39%), Carbohydrates: 57.5g (19.17%), Net Carbohydrates: 55.66g (20.24%), Sugar: 40.7g (45.22%), Cholesterol: 58.27mg (19.42%), Sodium: 279.14mg (12.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.58g (13.16%), Vitamin B2: 0.38mg (22.09%), Phosphorus: 186.37mg (18.64%), Calcium: 178.27mg (17.83%), Vitamin A: 556.1IU (11.12%), Potassium: 342.79mg (9.79%), Vitamin B12: 0.53µg (8.77%), Magnesium: 33.77mg (8.44%), Vitamin B1: 0.12mg (8.15%), Vitamin B5: 0.79mg (7.9%), Fiber: 1.84g (7.35%), Zinc: 1.07mg (7.12%), Vitamin E: 0.9mg (5.97%), Folate: 22.24µg (5.56%), Iron: 0.99mg (5.48%), Copper: 0.1mg (4.82%), Manganese: 0.08mg (4.05%), Selenium: 2.81µg (4.02%), Vitamin B3: 0.72mg (3.61%), Vitamin B6: 0.07mg (3.36%), Vitamin D: 0.26µg (1.76%), Vitamin C: 0.83mg (1.01%)