



Neapolitan Ice Cream Pie

 Popular

READY IN



45 min.

SERVINGS



8

CALORIES



357 kcal

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 9 graham crackers
- ☐ 0.5 heath bar
- ☐ 1.5 cups mint ice cream softened
- ☐ 1.5 cups nonfat strawberry yogurt frozen softened
- ☐ 1.5 cups nonfat chocolate yogurt frozen softened
- ☐ 1.5 cups oreo cookies crushed
- ☐ 4 strawberries fresh halved

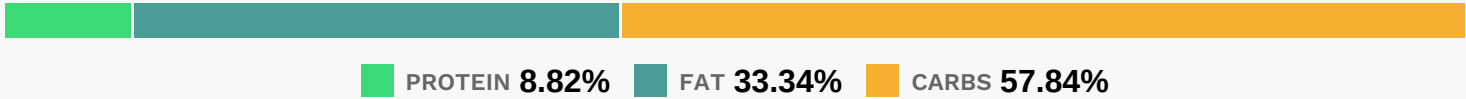
Equipment

- ☐ food processor
- ☐ pie form

Directions

- ☐ Combine crackers and butter in a food processor. Press mixture into a 9-inch, deep-dish pie pan to form crust. Chill in freezer for 20 minutes.
- ☐ Remove; spread strawberry frozen yogurt over crust.
- ☐ Sprinkle
- ☐ Heath bar on top. Freeze until firm.
- ☐ Remove.
- ☐ Spread a layer of mint ice cream over frozen yogurt; sprinkle 1 cup Oreos on top. Freeze until firm.
- ☐ Spread a layer of chocolate frozen yogurt on ice cream; freeze until firm.
- ☐ Sprinkle remaining 1/2 cup Oreos on top.
- ☐ Garnish each slice with strawberries.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:28.13, Glycemic Load:12.08, Inflammation Score:-3, Nutrition Score:9.0978261012098%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 357.14kcal (17.86%), Fat: 13.4g (20.62%), Saturated Fat: 5.71g (35.71%), Carbohydrates: 52.31g (17.44%), Net Carbohydrates: 50.48g (18.35%), Sugar: 32.84g (36.49%), Cholesterol: 23.48mg (7.83%), Sodium: 323.41mg (14.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.96%), Iron: 4.43mg (24.61%), Vitamin B2: 0.36mg (21.25%), Phosphorus: 195.94mg (19.59%), Calcium: 193.25mg (19.33%), Manganese: 0.23mg (11.54%), Vitamin B12: 0.62µg (10.36%), Potassium: 355.8mg (10.17%), Magnesium: 36.44mg (9.11%), Vitamin B1: 0.13mg (8.59%), Folate: 33.84µg (8.46%), Vitamin K: 8.76µg (8.35%), Zinc: 1.16mg (7.7%), Vitamin B3: 1.49mg (7.43%), Fiber: 1.84g (7.35%), Vitamin E: 0.91mg (6.09%), Copper: 0.12mg (6.02%), Vitamin B5: 0.54mg (5.4%), Selenium: 3.72µg (5.31%), Vitamin C: 4.09mg (4.96%), Vitamin A: 210.44IU (4.21%), Vitamin B6: 0.06mg (3.09%)