



Neopolitan Ice Cream Log

READY IN



255 min.

SERVINGS



15

CALORIES



206 kcal

Ingredients

- 20 golden chocolate creme oreo cookies divided coarsely chopped
- 0.5 cup strawberries sliced
- 1 qt strawberry ice cream softened
- 0.5 cup cool whip whipped topping thawed

Equipment

- plastic wrap

Directions

- Spread ice cream into 10x8-inch rectangle on large sheet of plastic wrap.

- Sprinkle half of the chopped cookies down center of ice cream; fold long sides of rectangle over cookies, then roll into a log. Wrap with plastic wrap.
- Freeze at least 4 hours or overnight.
- Unwrap log; roll in remaining chopped cookies.
- Serve immediately or wrap tightly and return to freezer until ready to serve.
- Cut into 12 slices.
- Place 1 slice on each of 12 dessert plates; top with the whipped topping and strawberries.

Nutrition Facts

PROTEIN 5.41% **FAT 37.79%** **CARBS 56.8%**

Properties

Glycemic Index:2.67, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:4.0091304390327%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 1.19mg, Pelargonidin: 1.19mg, Pelargonidin: 1.19mg, Pelargonidin: 1.19mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg 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: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 205.55kcal (10.28%), Fat: 8.84g (13.6%), Saturated Fat: 4.03g (25.22%), Carbohydrates: 29.91g (9.97%), Net Carbohydrates: 29g (10.55%), Sugar: 7.11g (7.9%), Cholesterol: 18.35mg (6.12%), Sodium: 101.78mg (4.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.69%), Vitamin B2: 0.2mg (11.95%), Vitamin C: 7.68mg (9.31%), Calcium: 82.57mg (8.26%), Phosphorus: 78.09mg (7.81%), Manganese: 0.11mg (5.72%), Vitamin B5: 0.52mg (5.23%), Vitamin B1: 0.07mg (4.79%), Folate: 16.8µg (4.2%), Potassium: 143.04mg (4.09%), Vitamin A: 204.31IU (4.09%), Fiber: 0.9g (3.62%), Vitamin B12: 0.19µg (3.24%), Magnesium: 11.87mg (2.97%), Iron: 0.51mg (2.82%), Vitamin B3: 0.56mg (2.79%), Selenium: 1.76µg (2.51%), Copper: 0.04mg (2.21%), Zinc: 0.29mg (1.92%), Vitamin E: 0.28mg (1.88%), Vitamin B6: 0.04mg (1.86%)