



Neopolitan Ice Cream Pie

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



264 kcal

Ingredients

- ☐ 0.3 cup chocolate graham cracker crumbs
- ☐ 2 teaspoons chocolate nonfat ice cream topping
- ☐ 1 tablespoon butter melted reduced-calorie
- ☐ 0.5 cup strawberry nonfat ice cream softened
- ☐ 0.5 cup vanilla nonfat ice cream softened

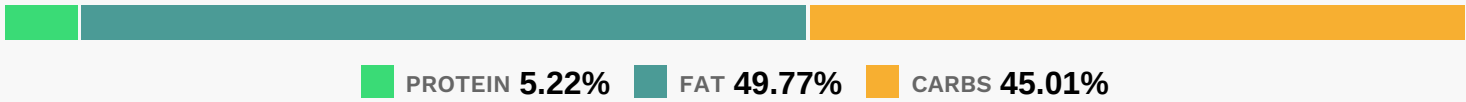
Equipment

- ☐ bowl
- ☐ springform pan

Directions

- ☐ Combine graham cracker crumbs and margarine in a small bowl. Firmly press crumb mixture evenly into bottom of a 5-inch springform pan coated with cooking spray.
- ☐ Spoon vanilla ice cream into crust; cover and freeze until set. Spoon strawberry ice cream over vanilla. Cover and freeze until set.
- ☐ Drizzle chocolate topping over ice cream filling; cut into wedges, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:4.61, Inflammation Score:-3, Nutrition Score:3.3195652087098%

Nutrients (% of daily need)

Calories: 264.35kcal (13.22%), Fat: 14.8g (22.77%), Saturated Fat: 5.76g (36%), Carbohydrates: 30.11g (10.04%), Net Carbohydrates: 29.45g (10.71%), Sugar: 12.42g (13.8%), Cholesterol: 24.14mg (8.05%), Sodium: 179.24mg (7.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.99%), Vitamin B2: 0.17mg (10.03%), Vitamin A: 495.02IU (9.9%), Calcium: 86.36mg (8.64%), Phosphorus: 74.04mg (7.4%), Vitamin B5: 0.44mg (4.41%), Potassium: 144.65mg (4.13%), Vitamin B12: 0.24µg (3.96%), Vitamin C: 2.76mg (3.35%), Vitamin E: 0.45mg (2.97%), Magnesium: 11.82mg (2.95%), Fiber: 0.67g (2.66%), Zinc: 0.38mg (2.54%), Manganese: 0.05mg (2.33%), Vitamin B1: 0.03mg (2.05%), Selenium: 1.33µg (1.91%), Copper: 0.04mg (1.85%), Vitamin B6: 0.03mg (1.7%), Folate: 5.88µg (1.47%)