



No-Bake Oreo Ice Cream Cake

READY IN



25 min.

SERVINGS



15

CALORIES



187 kcal

Ingredients

- ☐ 2 cups caramel ice cream (egg free)
- ☐ 2 cups cherry chocolate ice cream chunk (egg free)
- ☐ 2 tbsp cream sauce hot
- ☐ 2 cups cool whip thawed
- ☐ 24 oreo cookies

Equipment

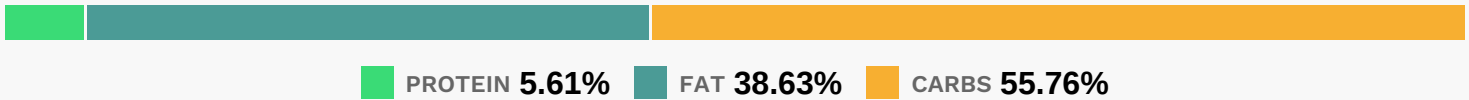
- ☐ frying pan
- ☐ baking paper
- ☐ plastic wrap

☐ rolling pin

Directions

- ☐ Line a spring-form pan with parchment paper.Stand 14-15 cookies around the edge of the pan and crush the remaining cookies.
- ☐ Place the cookies in a zip-lock bag and use a rolling pin to crush the cookies.Keep aside 1/2 cup of the crumbs and sprinkle the rest in the prepared pan.
- ☐ Spread one of the flavors of ice cream on top of the cookie crumbs. Top with 1 cup Cool Whip and reserved cookie crumbs.
- ☐ Add some of the toasted and chopped nuts if desired.Cover it with the other flavor of ice cream. Top with the remaining Cool Whip.
- ☐ Sprinkle the remaining nuts and drizzle with fudge topping.Tightly cover the pan with plastic wrap and freeze it for at least 3-4 hours.
- ☐ Remove dessert from freezer 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:4.83, Inflammation Score:-2, Nutrition Score:4.5013043673142%

Nutrients (% of daily need)

Calories: 187.3kcal (9.37%), Fat: 8.26g (12.71%), Saturated Fat: 3.86g (24.15%), Carbohydrates: 26.84g (8.95%), Net Carbohydrates: 25.84g (9.4%), Sugar: 18.5g (20.55%), Cholesterol: 15.35mg (5.12%), Sodium: 117.92mg (5.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Iron: 2.54mg (14.1%), Vitamin B2: 0.19mg (10.96%), Manganese: 0.17mg (8.28%), Phosphorus: 64.43mg (6.44%), Calcium: 57.79mg (5.78%), Vitamin K: 5.46µg (5.2%), Copper: 0.1mg (5.13%), Magnesium: 18.61mg (4.65%), Vitamin B1: 0.07mg (4.54%), Vitamin B12: 0.27µg (4.49%), Vitamin E: 0.66mg (4.37%), Folate: 17.21µg (4.3%), Potassium: 141.77mg (4.05%), Fiber: 1g (4.01%), Vitamin A: 165.25IU (3.3%), Selenium: 2.11µg (3.02%), Vitamin B3: 0.6mg (3.01%), Zinc: 0.42mg (2.78%), Vitamin B5: 0.26mg (2.6%), Vitamin B6: 0.04mg (1.77%)