



Nutty OREO Ice Cream Bars

READY IN



200 min.

SERVINGS



20

CALORIES



183 kcal

DESSERT

Ingredients

- 3 Tbsp butter melted
- 0.5 cup caramel ice cream topping
- 4 cups butter pecan ice cream softened
- 2 cups oreo cookies chopped
- 0.3 cup planters cocktail peanuts chopped
- 1.5 cups cool whip whipped topping thawed

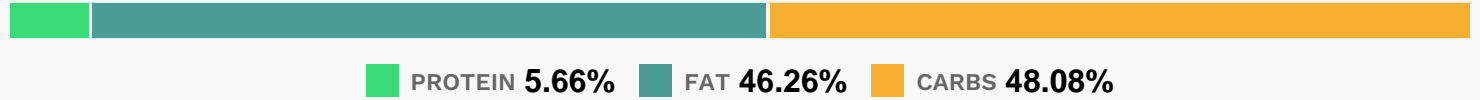
Equipment

- frying pan

Directions

- Combine chopped cookies and butter; press onto bottom of 9-inch square pan.
- Spread ice cream carefully over crust; drizzle with caramel topping. Cover with COOL WHIP; sprinkle with nuts.
- Freeze 3 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:6.26, Glycemic Load:3.71, Inflammation Score:-2, Nutrition Score:3.8356521576643%

Nutrients (% of daily need)

Calories: 182.83kcal (9.14%), Fat: 9.63g (14.82%), Saturated Fat: 4.61g (28.83%), Carbohydrates: 22.52g (7.51%), Net Carbohydrates: 21.64g (7.87%), Sugar: 16.66g (18.51%), Cholesterol: 16.31mg (5.44%), Sodium: 120.75mg (5.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Iron: 2.06mg (11.45%), Manganese: 0.18mg (8.88%), Vitamin B2: 0.11mg (6.5%), Phosphorus: 58.92mg (5.89%), Calcium: 47mg (4.7%), Vitamin K: 4.79µg (4.56%), Folate: 17.27µg (4.32%), Vitamin B3: 0.84mg (4.2%), Magnesium: 16.51mg (4.13%), Copper: 0.08mg (4.1%), Vitamin B1: 0.06mg (4%), Vitamin E: 0.55mg (3.7%), Fiber: 0.88g (3.52%), Vitamin A: 173.94IU (3.48%), Potassium: 118mg (3.37%), Vitamin B5: 0.26mg (2.56%), Selenium: 1.71µg (2.45%), Zinc: 0.36mg (2.4%), Vitamin B12: 0.13µg (2.13%), Vitamin B6: 0.03mg (1.3%)