



Nutty OREO Ice Cream Bars

 Popular

READY IN



200 min.

SERVINGS



18

CALORIES



203 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

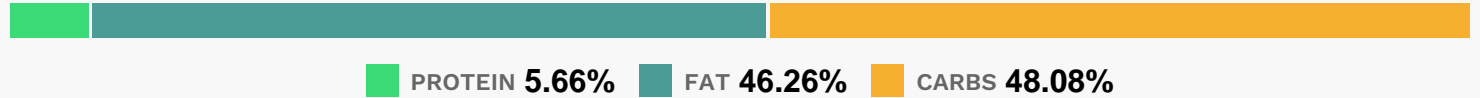
Equipment

- 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:6.96, Glycemic Load:4.12, Inflammation Score:-2, Nutrition Score:4.2613043836925%

Nutrients (% of daily need)

Calories: 203.15kcal (10.16%), Fat: 10.7g (16.46%), Saturated Fat: 5.13g (32.03%), Carbohydrates: 25.03g (8.34%), Net Carbohydrates: 24.05g (8.75%), Sugar: 18.51g (20.57%), Cholesterol: 18.12mg (6.04%), Sodium: 134.16mg (5.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.89%), Iron: 2.29mg (12.72%), Manganese: 0.2mg (9.87%), Vitamin B2: 0.12mg (7.22%), Phosphorus: 65.46mg (6.55%), Calcium: 52.23mg (5.22%), Vitamin K: 5.32µg (5.07%), Folate: 19.18µg (4.8%), Vitamin B3: 0.93mg (4.67%), Magnesium: 18.34mg (4.59%), Copper: 0.09mg (4.55%), Vitamin B1: 0.07mg (4.44%), Vitamin E: 0.62mg (4.11%), Fiber: 0.98g (3.91%), Vitamin A: 193.27IU (3.87%), Potassium: 131.11mg (3.75%), Vitamin B5: 0.28mg (2.84%), Selenium: 1.9µg (2.72%), Zinc: 0.4mg (2.66%), Vitamin B12: 0.14µg (2.37%), Vitamin B6: 0.03mg (1.44%)