



## OREO Frozen Peanut Butter Dessert

READY IN



285 min.

SERVINGS



45

CALORIES



156 kcal

CONDIMENT

DIP

SPREAD

## Ingredients

- 3 Tbsp butter melted
- 1 cup creamy peanut butter
- 30 oreo cookies crushed finely
- 0.5 cup planters cocktail peanuts coarsely chopped
- 4 oz baker's semi-sweet chocolate (6 oz.)
- 7 cups whipped cream softened
- 8 oz cool whip whipped topping (Do not thaw.)

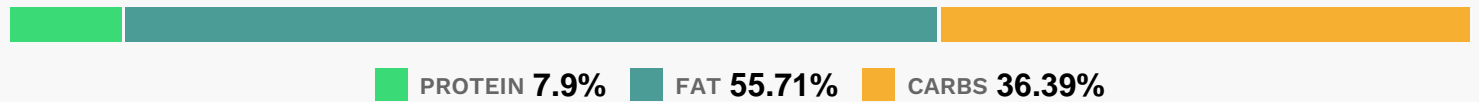
## Equipment

- bowl
- frying pan
- microwave

## Directions

- Combine cookie crumbs and butter; press onto bottom of 13x9-inch pan. Freeze until ready to use. Microwave peanut butter in small microwaveable bowl on HIGH 1 min.; stir. Swirl peanut butter into ice cream; spread over crust. Freeze 30 min.
- Microwave COOL WHIP and chocolate in medium microwaveable bowl on HIGH 1-1/2 to 2 min. or until chocolate is completely melted and mixture is well blended, stirring after each minute.
- Spread COOL WHIP mixture over ice cream layer; top with nuts. Freeze 4 hours.
- Remove from freezer 10 min. before serving; let stand at room temperature to soften slightly before cutting to serve.

## Nutrition Facts



## Properties

Glycemic Index:3.09, Glycemic Load:3.02, Inflammation Score:-2, Nutrition Score:3.8121739496355%

## Nutrients (% of daily need)

Calories: 155.77kcal (7.79%), Fat: 9.91g (15.25%), Saturated Fat: 4.16g (26%), Carbohydrates: 14.57g (4.86%), Net Carbohydrates: 13.57g (4.93%), Sugar: 10.33g (11.47%), Cholesterol: 11.32mg (3.77%), Sodium: 82.39mg (3.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.33%), Manganese: 0.22mg (10.81%), Iron: 1.31mg (7.3%), Phosphorus: 65.24mg (6.52%), Vitamin B3: 1.28mg (6.4%), Magnesium: 24.18mg (6.05%), Vitamin E: 0.84mg (5.62%), Vitamin B2: 0.09mg (5.15%), Copper: 0.1mg (5.1%), Fiber: 1.01g (4.03%), Calcium: 37.86mg (3.79%), Folate: 14.91µg (3.73%), Potassium: 123.59mg (3.53%), Zinc: 0.45mg (3.02%), Vitamin B1: 0.04mg (2.99%), Vitamin K: 2.68µg (2.55%), Vitamin B5: 0.24mg (2.41%), Vitamin A: 115.25IU (2.31%), Vitamin B6: 0.04mg (2.23%), Selenium: 1.48µg (2.11%), Vitamin B12: 0.1µg (1.61%)