



## OREOÂ® Ice Cream Tartufo

READY IN



210 min.

SERVINGS



6

CALORIES



587 kcal

DESSERT

### Ingredients

- 3 cups ice-cream chocolate shell
- 1 Tbsp oil
- 1.5 cups oreo cookies finely chopped
- 0.5 cup raspberries
- 10 oz raspberries in syrup pureed frozen thawed
- 4 oz baker's semi-sweet chocolate (6 oz.)

### Equipment

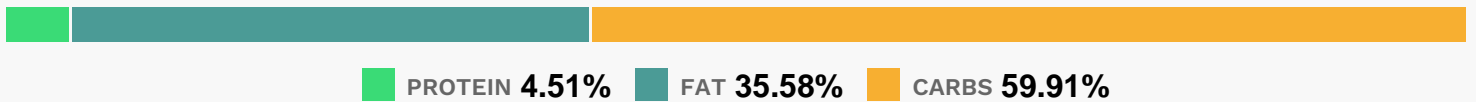
- baking sheet

- sauce pan
- wire rack
- wax paper
- ice cream scoop

## Directions

- Scoop ice cream into 6 balls, using 1/2-cup ice cream scoop.
- Roll in cookie crumbs.
- Place on wax paper-covered baking sheet; cover. Freeze 2 hours or until firm. Melt chocolate with oil in small saucepan over low heat, stirring constantly. Cool.
- Place wire racks over large sheets of wax paper.
- Remove ice cream balls from freezer; place on wire rack. Spoon 1 heaping Tbsp. melted chocolate over each ball, coating top and side of each ball. Freeze at least 1 hour or until firm.
- Spoon raspberry sauce onto 6 dessert dishes or plates.
- Cut each tartufo in half or quarters; arrange over sauce.
- Garnish with fresh raspberries.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:12.67, Glycemic Load:9.05, Inflammation Score:-5, Nutrition Score:11.811738983445%

## Flavonoids

Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg, Cyanidin: 4.58mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg, Pelargonidin: 0.1mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-

gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## **Nutrients (% of daily need)**

Calories: 587.21kcal (29.36%), Fat: 24.54g (37.75%), Saturated Fat: 11.09g (69.28%), Carbohydrates: 92.98g (30.99%), Net Carbohydrates: 88.87g (32.32%), Sugar: 68.55g (76.16%), Cholesterol: 23.57mg (7.86%), Sodium: 240.9mg (10.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 20.23mg (6.74%), Protein: 6.99g (13.99%), Iron: 6.72mg (37.32%), Manganese: 0.68mg (34.05%), Copper: 0.47mg (23.38%), Magnesium: 73.4mg (18.35%), Fiber: 4.11g (16.46%), Phosphorus: 159.86mg (15.99%), Vitamin K: 14.96µg (14.25%), Vitamin B2: 0.24mg (13.9%), Calcium: 126.06mg (12.61%), Vitamin E: 1.79mg (11.95%), Potassium: 380.2mg (10.86%), Folate: 37.06µg (9.26%), Zinc: 1.22mg (8.14%), Vitamin B1: 0.12mg (7.72%), Selenium: 5.34µg (7.63%), Vitamin B3: 1.41mg (7.04%), Vitamin A: 288.11IU (5.76%), Vitamin B5: 0.58mg (5.75%), Vitamin B12: 0.23µg (3.76%), Vitamin C: 3.08mg (3.74%), Vitamin B6: 0.06mg (2.87%)