



## Peanut Butter and Jelly Swirled Ice Cream with Vanilla Cookies

READY IN



10 min.

SERVINGS



4

CALORIES



410 kcal

DESSERT

### Ingredients

- 4 servings chocolate sandwiches mini (recommended: Oreos)
- 4 servings chocolate chips
- 4 servings chocolate fudge
- 2 cups lowfat vanilla ice cream softened
- 4 servings peanuts
- 0.3 cup smooth peanut butter
- 4 servings sprinkles
- 0.3 cup strawberry preserves

8 vanilla wafers

## Equipment

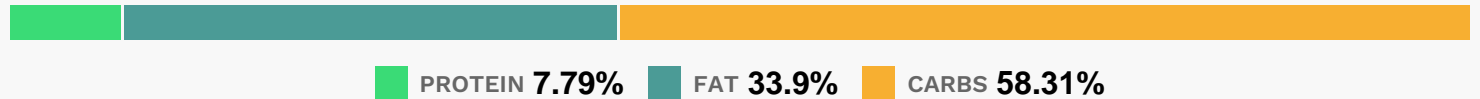
bowl

## Directions

In a large bowl combine the ice cream, grape jelly and smooth peanut butter. Gently stir to combine, leaving streaks of jelly and peanut butter throughout the ice cream. Spoon the mixture into 4 dessert bowls.

Garnish each bowl with 2 vanilla wafer cookies and various toppings, if so desired.

## Nutrition Facts



## Properties

Glycemic Index:71.96, Glycemic Load:23.54, Inflammation Score:-4, Nutrition Score:7.5386956424817%

## Nutrients (% of daily need)

Calories: 409.75kcal (20.49%), Fat: 15.76g (24.25%), Saturated Fat: 5.54g (34.64%), Carbohydrates: 61g (20.33%), Net Carbohydrates: 59.43g (21.61%), Sugar: 43.5g (48.34%), Cholesterol: 20.78mg (6.93%), Sodium: 181.29mg (7.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.29%), Vitamin B2: 0.27mg (16.06%), Phosphorus: 148.08mg (14.81%), Manganese: 0.28mg (14.21%), Calcium: 137.02mg (13.7%), Vitamin B3: 2.74mg (13.68%), Vitamin E: 1.59mg (10.6%), Magnesium: 42.11mg (10.53%), Folate: 33.79µg (8.45%), Potassium: 290mg (8.29%), Vitamin B1: 0.12mg (8.24%), Vitamin A: 342.07IU (6.84%), Zinc: 1.02mg (6.83%), Fiber: 1.57g (6.28%), Copper: 0.12mg (6%), Vitamin B12: 0.36µg (5.97%), Vitamin B6: 0.11mg (5.7%), Vitamin B5: 0.56mg (5.61%), Selenium: 2.73µg (3.9%), Iron: 0.61mg (3.4%), Vitamin C: 2.78mg (3.37%)