



Peanut Butter-Chocolate Cookie Ice Cream Cake

READY IN



45 min.

SERVINGS



16

CALORIES



284 kcal

DESSERT

Ingredients

- 9 oz chocolate wafers such as nabisco famous
- 0.3 cup confectioners' sugar
- 1 cup heavy cream
- 0.8 cup natural peanut butter
- 1 pint vanilla chocolatechip

Equipment

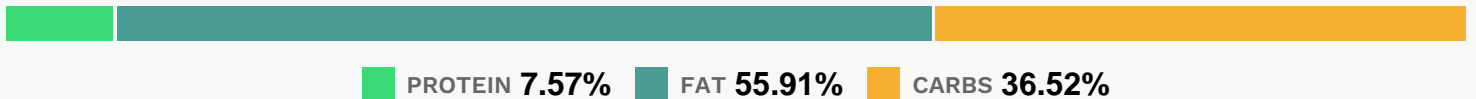
- frying pan

- plastic wrap
- baking pan
- microwave

Directions

- Line a 9-inch square baking dish with two 24-inch sheets of plastic wrap, allowing excess to hang over sides. Arrange 9 cookies in pan and 3 cookies standing up along each side.
- Warm peanut butter in microwave for 30 seconds; drizzle 1/4 cup on cookies in pan. Spoon chocolate-chip ice cream on top and cover with 8 cookies. Repeat layering twice with 1/4 cup peanut butter, a pint of ice cream and more cookies. Cover with overhanging plastic wrap and press down to compress layers. Cover with second sheet of plastic and freeze for at least 3 hours and up to 1 week.
- To unmold, dip pan into warm water, unwrap cake and invert a platter on top. Flip cake over and remove pan and wrap. Return cake to freezer.
- Whip cream and confectioners' sugar until stiff.
- Spread on cake and sprinkle with chocolate, if desired.

Nutrition Facts



Properties

Glycemic Index:3.97, Glycemic Load:5.77, Inflammation Score:-3, Nutrition Score:4.9043478233659%

Nutrients (% of daily need)

Calories: 284.29kcal (14.21%), Fat: 13.83g (21.28%), Saturated Fat: 5.32g (33.26%), Carbohydrates: 20.32g (6.77%), Net Carbohydrates: 19.2g (6.98%), Sugar: 13.24g (14.71%), Cholesterol: 17.13mg (5.71%), Sodium: 151.09mg (6.57%), Alcohol: 10.17g (100%), Alcohol %: 17.34% (100%), Protein: 4.21g (8.43%), Manganese: 0.36mg (17.83%), Vitamin B3: 2.2mg (11%), Vitamin E: 1.35mg (9.02%), Magnesium: 33.48mg (8.37%), Copper: 0.15mg (7.38%), Phosphorus: 72.45mg (7.24%), Vitamin B2: 0.12mg (7.17%), Iron: 0.9mg (5%), Folate: 18.49µg (4.62%), Potassium: 159.63mg (4.56%), Fiber: 1.12g (4.49%), Vitamin A: 220.58IU (4.41%), Vitamin B6: 0.07mg (3.74%), Vitamin B1: 0.06mg (3.69%), Zinc: 0.55mg (3.66%), Selenium: 1.86µg (2.66%), Calcium: 23.96mg (2.4%), Vitamin B5: 0.24mg (2.37%), Vitamin D: 0.24µg (1.59%)