



Peanut Butter Ice Cream with a Hard Chocolate Shell

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

Ingredients

- 2 ounces chocolate dark chopped (70 percent cacao)
- 0.3 cup peanut butter
- 2 tablespoons roasted peanuts salted chopped
- 2 teaspoons vegetable oil
- 8 ounces cool whip fat-free frozen thawed

Equipment

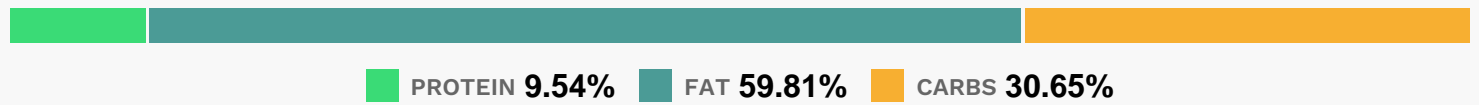
- bowl
- microwave

Directions

In a microwave-safe bowl, nuke peanut butter until runny but not bubbling, 30 to 45 seconds. In a bowl, fold together peanut butter and whipped topping until swirled. Cover and freeze until solid, 4 to 6 hours. In another microwave-safe bowl, nuke chocolate and oil, stirring every 30 seconds, until chocolate is melted and smooth, 1 to 2 minutes; let cool to room temperature. Divide frozen peanut butter mixture among 4 bowls. Divide chocolate sauce and peanuts among bowls; let sauce harden before serving.

Self

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:1.54, Inflammation Score:-4, Nutrition Score:10.306086913399%

Nutrients (% of daily need)

Calories: 314.35kcal (15.72%), Fat: 21.82g (33.57%), Saturated Fat: 7.45g (46.55%), Carbohydrates: 25.15g (8.38%), Net Carbohydrates: 22.16g (8.06%), Sugar: 14.17g (15.74%), Cholesterol: 9.5mg (3.17%), Sodium: 134.48mg (5.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 11.34mg (3.78%), Protein: 7.83g (15.67%), Manganese: 0.63mg (31.51%), Vitamin B2: 0.4mg (23.36%), Magnesium: 72.51mg (18.13%), Copper: 0.36mg (18.09%), Vitamin B3: 3.25mg (16.24%), Phosphorus: 156.23mg (15.62%), Vitamin B12: 0.88µg (14.65%), Fiber: 2.99g (11.96%), Vitamin E: 1.79mg (11.92%), Iron: 2.1mg (11.65%), Vitamin B1: 0.13mg (8.46%), Calcium: 84.48mg (8.45%), Potassium: 292.33mg (8.35%), Vitamin B6: 0.16mg (7.98%), Zinc: 1.15mg (7.7%), Folate: 29.81µg (7.45%), Selenium: 3.7µg (5.29%), Vitamin K: 5.39µg (5.13%), Vitamin B5: 0.3mg (3%), Vitamin A: 104.75IU (2.1%)