



Peanut Butter-OREOÂ® Ice Cream Loaf

READY IN



380 min.

SERVINGS



12

CALORIES



250 kcal

Ingredients

- 1 banana sliced
- 4 cups ice-cream chocolate shell softened
- 24 oreo double delight peanut butter 'n chocolate creme chocolate sandwich cookies divided
- 0.5 cup planters cocktail peanuts chopped

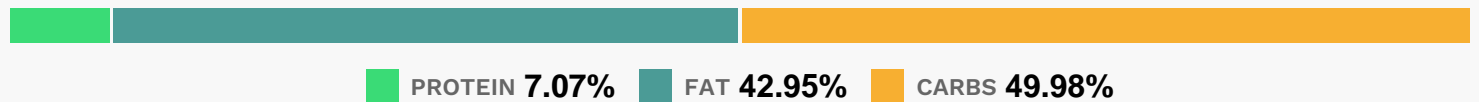
Equipment

- frying pan
- plastic wrap
- loaf pan

Directions

- Line 9x5-inch loaf pan with plastic wrap, with ends of wrap extending over sides of pan. Set aside.
- Crush 12 of the cookies.
- Sprinkle half of the cookie crumbs onto bottom of prepared pan.
- Coarsely chop remaining 12 cookies; stir into ice cream. Spoon half of the ice cream mixture over crumbs in pan; cover with layers of banana slices and peanuts. Top with remaining cookie crumbs and remaining ice cream. Cover tightly with additional plastic wrap.
- Freeze 6 hours or until firm. When ready to serve, remove dessert from freezer.
- Remove plastic wrap from top of dessert. Unmold dessert onto serving plate; remove remaining plastic wrap.
- Cut dessert into 12 slices to serve.

Nutrition Facts



Properties

Glycemic Index:9.92, Glycemic Load:7.08, Inflammation Score:-3, Nutrition Score:7.0408696065778%

Flavonoids

Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 249.83kcal (12.49%), Fat: 12.47g (19.19%), Saturated Fat: 4.82g (30.15%), Carbohydrates: 32.65g (10.88%), Net Carbohydrates: 30.59g (11.13%), Sugar: 22.14g (24.6%), Cholesterol: 14.96mg (4.99%), Sodium: 128mg (5.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Manganese: 0.41mg (20.57%), Iron: 3.58mg (19.87%), Copper: 0.2mg (10.1%), Folate: 38.25µg (9.56%), Magnesium: 38.13mg (9.53%), Phosphorus: 95.17mg (9.52%), Vitamin B2: 0.16mg (9.29%), Vitamin B3: 1.76mg (8.79%), Fiber: 2.06g (8.23%), Vitamin B1: 0.11mg (7.32%), Potassium: 246.18mg (7.03%), Vitamin K: 6.76µg (6.44%), Calcium: 59.94mg (5.99%), Vitamin E: 0.73mg (4.9%), Vitamin B5: 0.46mg (4.56%), Vitamin B6: 0.09mg (4.35%), Selenium: 2.88µg (4.12%), Zinc: 0.58mg (3.84%), Vitamin A: 189.81IU (3.8%), Vitamin B12: 0.13µg (2.13%), Vitamin C: 1.16mg (1.41%)