



Rice Crispy Ice Cream Sandwich Bars

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



306 kcal

DESSERT

Ingredients

- 0.5 cup plus
- 3 cups rice cereal crispy rice krispies® (such as)
- 0.5 cup peanut butter
- 1 pint whipped cream

Equipment

- bowl
- baking pan
- aluminum foil

Directions

- Mix corn syrup and peanut butter in a large bowl until smooth; stir in rice cereal. Press cereal mixture into the bottom of a 9x13-inch baking dish. Cover and freeze until firm.
- Cut cereal mixture in half, crosswise.
- Spread ice cream over half the cereal and press the second half over the ice cream to create a large sandwich. Cover and freeze again until firm.
- Cut sandwich into bars and serve or wrap individually with aluminum foil.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:11.77, Inflammation Score:-3, Nutrition Score:6.0921739586022%

Nutrients (% of daily need)

Calories: 305.82kcal (15.29%), Fat: 14.85g (22.85%), Saturated Fat: 5.67g (35.42%), Carbohydrates: 40.07g (13.36%), Net Carbohydrates: 38.78g (14.1%), Sugar: 30.6g (34%), Cholesterol: 26.02mg (8.67%), Sodium: 130.06mg (5.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.38%), Phosphorus: 125.03mg (12.5%), Vitamin B3: 2.46mg (12.3%), Manganese: 0.24mg (12.06%), Vitamin B2: 0.19mg (11.25%), Vitamin E: 1.65mg (11.02%), Magnesium: 37.85mg (9.46%), Calcium: 87.01mg (8.7%), Folate: 27.6µg (6.9%), Zinc: 0.99mg (6.59%), Potassium: 216.98mg (6.2%), Vitamin B1: 0.09mg (6%), Vitamin B5: 0.51mg (5.15%), Fiber: 1.29g (5.14%), Vitamin B6: 0.1mg (5%), Vitamin A: 249.01IU (4.98%), Copper: 0.1mg (4.9%), Vitamin B12: 0.23µg (3.84%), Selenium: 2.61µg (3.73%), Iron: 0.53mg (2.96%)