



Southern Comfort Ice Cream Pie

READY IN



320 min.

SERVINGS



8

CALORIES



750 kcal

DESSERT

Ingredients

- ☐ 6 tablespoons butter melted
- ☐ 0.8 cup cashew pieces coarsely chopped
- ☐ 0.7 cup creamy peanut butter
- ☐ 0.7 cup fudge topping hot
- ☐ 2 cups graham cracker crumbs
- ☐ 0.3 cup peanuts coarsely chopped
- ☐ 0.3 cup chocolate shell topping
- ☐ 6 cups whipped cream softened
- ☐ 0.3 cup sugar white

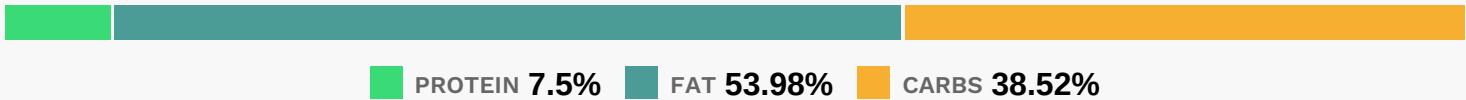
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C.) In a medium bowl, mix graham cracker crumbs, 1/4 cup finely chopped peanuts, sugar and melted butter until well blended . Press mixture into a 9 inch pie plate.
- ☐ Bake in preheated oven for 8 to 10 minutes, or until lightly browned. Allow to cool completely.
- ☐ Combine chopped cashews and 1/4 cup coarsely chopped peanuts; set aside. In a large bowl, mix ice cream with peanut butter; set aside.
- ☐ Spread half of hot fudge topping in bottom of crust. sprinkle with 1/3 of nut mixture.
- ☐ Spread half of ice cream in an even layer. Repeat layers.
- ☐ Drizzle with shell topping and sprinkle with remaining nuts. Freeze for at least 5 hours before serving.

Nutrition Facts



Properties

Glycemic Index:38.57, Glycemic Load:30.9, Inflammation Score:-7, Nutrition Score:15.700869726098%

Nutrients (% of daily need)

Calories: 749.7kcal (37.48%), Fat: 46.13g (70.98%), Saturated Fat: 19.45g (121.57%), Carbohydrates: 74.08g (24.69%), Net Carbohydrates: 69.89g (25.41%), Sugar: 46.81g (52.01%), Cholesterol: 66.39mg (22.13%), Sodium: 470.68mg (20.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.42g (28.84%), Manganese: 0.74mg (36.9%), Phosphorus: 335.77mg (33.58%), Magnesium: 118.85mg (29.71%), Copper: 0.51mg (25.72%), Vitamin B3: 4.69mg (23.45%), Vitamin E: 3.27mg (21.83%), Vitamin B2: 0.37mg (21.77%), Calcium: 178.15mg (17.82%), Zinc: 2.65mg (17.68%), Fiber: 4.19g (16.77%), Potassium: 543.8mg (15.54%), Iron: 2.73mg (15.14%), Vitamin B1: 0.21mg (13.95%), Vitamin A: 679.69IU (13.59%), Folate: 48.4µg (12.1%), Vitamin B6: 0.24mg (11.78%), Vitamin B5: 1.03mg (10.3%), Selenium: 6.12µg (8.75%), Vitamin B12: 0.42µg (6.99%), Vitamin K: 5.85µg (5.58%), Vitamin D: 0.2µg (1.32%)