



Strawberry Ice Cream Dessert

READY IN



75 min.

SERVINGS



16

CALORIES



464 kcal

DESSERT

Ingredients

- ☐ 1 cup brown sugar
- ☐ 1 cup butter
- ☐ 1 cup coconut or shredded
- ☐ 4 cups rice cereal crispy rice krispies® such as
- ☐ 1 cup pecans chopped
- ☐ 0.5 gallon strawberry ice cream softened

Equipment

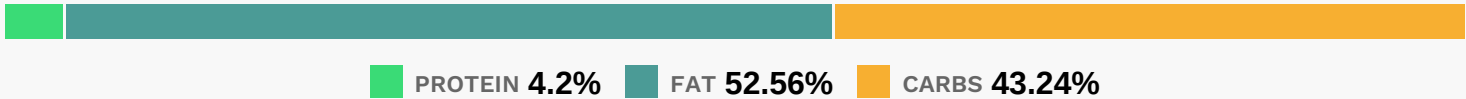
- ☐ sauce pan

☐ baking pan

Directions

- ☐ Melt butter in a large saucepan over medium-low heat; remove from heat.
- ☐ Add rice cereal, brown sugar, coconut, and pecans; stir well. Pat half the cereal mixture into the bottom of a 9x13-inch baking pan.
- ☐ Cut slices of ice cream and spread on top of cereal mixture; layer the remaining cereal mixture on top of ice cream layer.
- ☐ Place in freezer until set, at least 1 hour.
- ☐ Cut into squares when ready to serve.

Nutrition Facts



Properties

Glycemic Index:4.38, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:8.2739129584769%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 463.75kcal (23.19%), Fat: 28.06g (43.18%), Saturated Fat: 15.35g (95.96%), Carbohydrates: 51.95g (17.32%), Net Carbohydrates: 49.72g (18.08%), Sugar: 13.93g (15.48%), Cholesterol: 64.81mg (21.6%), Sodium: 167.29mg (7.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.04g (10.08%), Manganese: 0.48mg (24.13%), Vitamin B2: 0.33mg (19.34%), Calcium: 162.66mg (16.27%), Phosphorus: 152.28mg (15.23%), Vitamin A: 736.9IU (14.74%), Vitamin C: 9.35mg (11.33%), Vitamin B5: 0.96mg (9.59%), Fiber: 2.23g (8.94%), Potassium: 295.23mg (8.44%), Copper: 0.16mg (8.24%), Vitamin B1: 0.12mg (8.19%), Magnesium: 29.33mg (7.33%), Vitamin B12: 0.38µg (6.32%), Folate: 24.74µg (6.19%), Zinc: 0.83mg (5.56%), Selenium: 3.81µg (5.44%), Iron: 0.78mg (4.31%), Vitamin B6: 0.08mg (4.11%), Vitamin E: 0.44mg (2.94%), Vitamin B3: 0.49mg (2.47%), Vitamin K: 1.25µg (1.19%)