



Strawberry-Pretzel Ice-Cream Pie

READY IN



45 min.

SERVINGS



10

CALORIES



451 kcal

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 9 oz chocolate wafers such as nabisco famous (such as Famous Chocolate Wafers)
- ☐ 11.8 oz topping hot (such as Smucker's)
- ☐ 0.5 cup pretzels chopped
- ☐ 10 servings strawberry ice cream
- ☐ 1 slices garnish: whipped cream sweetened shaved

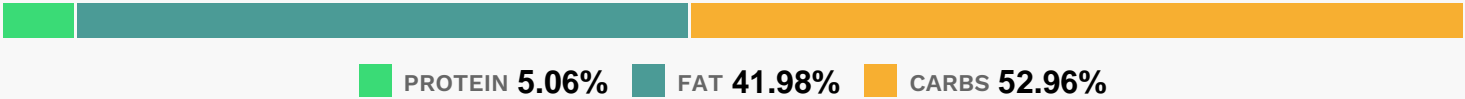
Equipment

- ☐ food processor

Directions

- ☐ THE CRUST: Process chocolate wafer cookies in a food processor until finely ground. Stir together cookie crumbs and melted butter. Press mixture on bottom and up sides of a lightly greased 9-inch pie plate. Freeze 30 minutes or until set.
- ☐ Spread half of hot fudge topping on bottom of crust; freeze 10 minutes.
- ☐ Spread half of Strawberry-Pretzel Ice Cream over fudge topping; freeze 15 minutes.
- ☐ Spread remaining fudge topping over pie, and sprinkle with chopped pretzels; freeze 10 minutes.
- ☐ Spread with remaining ice cream, and freeze 15 minutes.
- ☐ THE TOPPING: Top with sweetened whipped cream, strawberry slices, pretzel sticks, and shaved chocolate.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:11.32, Inflammation Score:-5, Nutrition Score:8.023478238479%

Nutrients (% of daily need)

Calories: 450.78kcal (22.54%), Fat: 21.48g (33.04%), Saturated Fat: 11.7g (73.1%), Carbohydrates: 60.95g (20.32%), Net Carbohydrates: 58.42g (21.24%), Sugar: 21.24g (23.6%), Cholesterol: 44.46mg (14.82%), Sodium: 425.43mg (18.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.88mg (1.63%), Protein: 5.83g (11.66%), Manganese: 0.39mg (19.5%), Vitamin B2: 0.28mg (16.69%), Phosphorus: 139.92mg (13.99%), Copper: 0.26mg (13.24%), Calcium: 107.34mg (10.73%), Fiber: 2.53g (10.12%), Magnesium: 40.15mg (10.04%), Vitamin A: 499.25IU (9.98%), Iron: 1.78mg (9.89%), Vitamin E: 1.34mg (8.95%), Potassium: 284.05mg (8.12%), Vitamin B1: 0.11mg (7.36%), Folate: 28.83µg (7.21%), Vitamin B5: 0.64mg (6.38%), Vitamin C: 5.23mg (6.34%), Vitamin B3: 1.14mg (5.7%), Zinc: 0.83mg (5.54%), Selenium: 3.77µg (5.38%), Vitamin B12: 0.26µg (4.34%), Vitamin B6: 0.06mg (2.8%), Vitamin K: 2.35µg (2.24%)