



Tin Roof Sundae Pie

 Dairy Free

READY IN



255 min.

SERVINGS



8

CALORIES



530 kcal

DESSERT

Ingredients

- ☐ 0.5 cup chocolate syrup
- ☐ 0.5 cup plus light
- ☐ 4 cups honey and nut flavor cornflakes cereal
- ☐ 0.5 cup peanut butter
- ☐ 0.3 cup peanuts salted chopped
- ☐ 1 quart whipped cream softened

Equipment

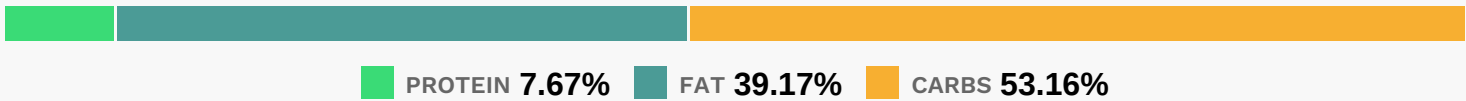
- ☐ bowl

☐ pie form

Directions

- ☐ Lightly grease a 9 inch pie pan. In a large bowl, mix together cereal, peanut butter, and corn syrup. Press mixture into greased pie pan.
- ☐ Spread softened ice cream evenly into crust. Top with chopped peanuts. Freeze until firm, at least 4 hours. Top each slice with chocolate syrup before serving.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:20.03, Inflammation Score:-7, Nutrition Score:15.013478163792%

Nutrients (% of daily need)

Calories: 530.16kcal (26.51%), Fat: 23.8g (36.62%), Saturated Fat: 10.12g (63.24%), Carbohydrates: 72.66g (24.22%), Net Carbohydrates: 69.7g (25.35%), Sugar: 53.78g (59.75%), Cholesterol: 52.05mg (17.35%), Sodium: 312.34mg (13.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.49g (20.98%), Vitamin B2: 0.54mg (31.81%), Vitamin B3: 5.53mg (27.65%), Iron: 4.93mg (27.39%), Phosphorus: 235mg (23.5%), Manganese: 0.45mg (22.42%), Vitamin B6: 0.39mg (19.59%), Vitamin B12: 1.16µg (19.36%), Vitamin B1: 0.29mg (19.14%), Folate: 75.89µg (18.97%), Magnesium: 69.34mg (17.33%), Calcium: 169.98mg (17%), Vitamin A: 748.06IU (14.96%), Copper: 0.25mg (12.44%), Vitamin E: 1.84mg (12.3%), Potassium: 427.49mg (12.21%), Fiber: 2.96g (11.83%), Zinc: 1.69mg (11.25%), Vitamin B5: 0.96mg (9.56%), Selenium: 4.71µg (6.72%), Vitamin D: 0.74µg (4.94%), Vitamin C: 3.69mg (4.47%)