



Triple-Layered Ice Cream Torte

READY IN



255 min.

SERVINGS



15

CALORIES



227 kcal

Ingredients

- 2 cups ice-cream chocolate shell softened
- 0.3 cup baker's angel flake coconut toasted
- 2 cups oreo cookies crushed
- 2 cups raspberry sorbet softened
- 2 cups whipped cream softened
- 1.5 cups cool whip whipped topping thawed

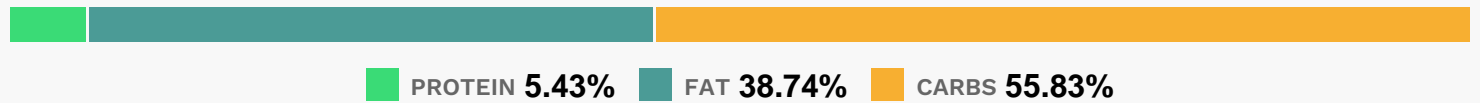
Equipment

- bowl
- plastic wrap

Directions

- Line 1-1/2-qt. freezerproof bowl with plastic wrap. Spoon sorbet into prepared bowl; press firmly onto bottom with back of spoon. Cover with 1/3 of the cookie crumbs.
- Repeat layers twice, substituting chocolate, then vanilla ice cream for the sorbet. Freeze 4 hours.
- Invert dessert onto plate just before serving; remove and discard plastic wrap.
- Frost dessert with COOL WHIP; sprinkle with coconut.

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:4.83, Inflammation Score:-2, Nutrition Score:4.5600000166375%

Nutrients (% of daily need)

Calories: 227.03kcal (11.35%), Fat: 9.95g (15.31%), Saturated Fat: 5.26g (32.85%), Carbohydrates: 32.28g (10.76%), Net Carbohydrates: 30.67g (11.15%), Sugar: 22.96g (25.52%), Cholesterol: 13.88mg (4.63%), Sodium: 130.98mg (5.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.28%), Iron: 2.82mg (15.64%), Manganese: 0.21mg (10.48%), Vitamin B2: 0.14mg (7.96%), Phosphorus: 65.62mg (6.56%), Fiber: 1.6g (6.42%), Vitamin K: 6.2µg (5.9%), Copper: 0.11mg (5.55%), Calcium: 51.89mg (5.19%), Magnesium: 19.39mg (4.85%), Vitamin E: 0.68mg (4.51%), Folate: 17.06µg (4.27%), Potassium: 144.04mg (4.12%), Vitamin B1: 0.06mg (3.93%), Selenium: 2.31µg (3.3%), Vitamin B3: 0.63mg (3.15%), Vitamin A: 153.29IU (3.07%), Zinc: 0.42mg (2.78%), Vitamin B5: 0.28mg (2.75%), Vitamin B12: 0.13µg (2.24%), Vitamin B6: 0.03mg (1.44%)