

Simple and Quick Fried Icecream

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/west-indian-coconut-ice-cream-recipe>

Ingredients:

- filo pastry sheets, 3x sheets per fried icecream
- vanilla Low fat, icecream, 3x scoops per fried icecream
- 1 egg
- caramel sauce
- coconut shavings
- icing sugar

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 17 grams
3. Cholesterol: 55 milligrams
4. Fat: 4 grams
5. Fiber: 1 grams
6. Protein: 2 grams
7. SaturatedFat: 3 grams
8. Sodium: 90 milligrams
9. Sugar: 3 grams

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