



Almond Toffee Ice Cream Loaf

READY IN



45 min.

SERVINGS



10

CALORIES



499 kcal

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 3 tablespoons butter melted
- ☐ 2 cups heavy cream (1 pt.)
- ☐ 0.5 cup slivered almonds divided toasted
- ☐ 14 oz condensed milk sweetened eagle brand® canned
- ☐ 2.8 oz toffee candy bars english crushed
- ☐ 1 tablespoon vanilla extract
- ☐ 2 cups vanilla wafer crumbs (42 wafers)

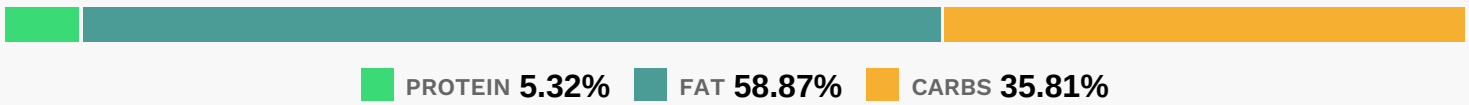
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ loaf pan
- ☐ aluminum foil

Directions

- ☐ LINE 9- x 5-inch loaf pan with aluminum foil, extending foil above sides of pan. Finely chop 1/2 cup almonds; combine with wafer crumbs in medium bowl. Reserve 1 cup crumb mixture; combine remainder with butter. Press firmly into bottom and halfway up sides of prepared pan. COMBINE sweetened condensed milk, vanilla and almond extracts in large bowl; mix well. Stir in reserved crumb mixture, crushed candy bars and remaining 1/2 cup chopped almonds. Fold in whipped cream. POUR into prepared pan; cover and freeze 6 hours or until firm. To serve, remove from pan. Invert and peel off foil.
- ☐ Place almonds in dry nonstick skillet; cook over medium heat, shaking pan until nuts are lightly browned.

Nutrition Facts



Properties

Glycemic Index:19.8, Glycemic Load:25.37, Inflammation Score:-6, Nutrition Score:7.5295652151108%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 499.05kcal (24.95%), Fat: 33.15g (51%), Saturated Fat: 18.04g (112.73%), Carbohydrates: 45.37g (15.12%), Net Carbohydrates: 44.2g (16.07%), Sugar: 35.16g (39.07%), Cholesterol: 78.36mg (26.12%), Sodium: 206.6mg (8.98%), Alcohol: 0.52g (100%), Alcohol %: 0.51% (100%), Protein: 6.74g (13.48%), Vitamin B2: 0.37mg (21.74%), Vitamin A: 910.7IU (18.21%), Phosphorus: 164.33mg (16.43%), Calcium: 160.23mg (16.02%), Vitamin E: 1.98mg

(13.21%), Selenium: 7.57µg (10.81%), Vitamin B1: 0.15mg (9.94%), Potassium: 253.76mg (7.25%), Magnesium: 28.5mg (7.12%), Folate: 28.13µg (7.03%), Manganese: 0.13mg (6.48%), Vitamin D: 0.84µg (5.61%), Fiber: 1.17g (4.67%), Vitamin B5: 0.45mg (4.5%), Vitamin B3: 0.89mg (4.45%), Zinc: 0.66mg (4.41%), Vitamin B12: 0.26µg (4.3%), Copper: 0.07mg (3.39%), Vitamin B6: 0.04mg (2.24%), Vitamin K: 2.06µg (1.96%), Iron: 0.33mg (1.81%), Vitamin C: 1.32mg (1.6%)