



Apricot Almond Swirl Ice Cream Pie

 Dairy Free

READY IN



330 min.

SERVINGS



12

CALORIES



1304 kcal

DESSERT

Ingredients

- 1 cup almonds toasted sliced
- 1.8 cups apricot halves dried
- 12 servings cookie crust with removable sides
- 0.8 cup honey
- 2 qts whipped cream divided

Equipment

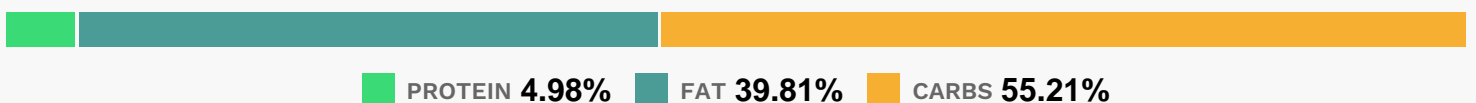
- bowl
- frying pan

- knife
- blender
- plastic wrap
- chopsticks

Directions

- Simmer apricots with 1 1/2 cups water and the honey, covered, until apricots are very soft, 15 minutes; let cool. Take 1 qt. ice cream out of freezer to soften.
- Arrange 1 cup apricots over cooled cookie crust. Whirl remaining apricots and liquid in a blender into a thick, pourable pure (add more water if needed). Strain.
- Stir softened ice cream until smooth.
- Spread over apricots in crust, set on a plate, and freeze until firm, about 1 hour. Spoon on all but 2 tbsp. apricot pure. Freeze until pure firms, about 1 1/2 hours.
- Let remaining 1 qt. ice cream soften; spread over pure. Top ice cream with small dollops of remaining pure, then swirl with a chopstick. Freeze 2 hours more.
- Remove sides of pan and pat almonds firmly into sides of pie.
- Serve immediately.
- *Get super-flavorful dried Blenheim apricots by mail from brfarms.com Find crunchy, very almondy Italian amaretti in well-stocked grocery stores. Or use almond biscotti instead and whirl in 1 tsp. almond extract with the melted butter.
- Let the pie soften for 5 minutes at room temp to make slicing easier.
- If you're having trouble freeing your pie from its pan, set it over a bowl of hot water for a couple of minutes and then slide a thin knife between the pan edge and the crust. It should pop right out.
- Make ahead: Once the pie is fully frozen through step 4, it keeps for up to 4 days, double-wrapped in plastic wrap. Top with almonds just before serving.

Nutrition Facts



Properties

Glycemic Index:13.06, Glycemic Load:34.71, Inflammation Score:-8, Nutrition Score:18.95869549461%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 1304.18kcal (65.21%), Fat: 58.32g (89.72%), Saturated Fat: 19.4g (121.28%), Carbohydrates: 181.94g (60.65%), Net Carbohydrates: 175.43g (63.79%), Sugar: 109.51g (121.67%), Cholesterol: 69.4mg (23.13%), Sodium: 980.76mg (42.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.42g (32.84%), Vitamin B2: 0.82mg (47.98%), Phosphorus: 448.64mg (44.86%), Vitamin B1: 0.57mg (38.03%), Iron: 5.93mg (32.92%), Folate: 131.18µg (32.79%), Vitamin A: 1347.36IU (26.95%), Fiber: 6.51g (26.05%), Vitamin B3: 5.09mg (25.47%), Magnesium: 97.99mg (24.5%), Calcium: 234.21mg (23.42%), Potassium: 807.64mg (23.08%), Vitamin E: 3.26mg (21.71%), Manganese: 0.25mg (12.47%), Vitamin B5: 1.06mg (10.65%), Vitamin B12: 0.62µg (10.25%), Zinc: 1.45mg (9.65%), Copper: 0.19mg (9.39%), Vitamin B6: 0.12mg (5.92%), Selenium: 3.74µg (5.34%), Vitamin D: 0.32µg (2.1%), Vitamin C: 1.24mg (1.51%), Vitamin K: 1.06µg (1.01%)