



Beer-and-Bacon Toffee Sundaes

READY IN



25 min.

SERVINGS



8

CALORIES



663 kcal

Ingredients

- 0.5 cup bacon diced (4 slices)
- 0.5 cup plus light
- 0.5 cup heavy cream
- 8 servings kosher salt and pepper freshly ground
- 1 cup brown sugar light packed
- 1 cup pecans toasted chopped
- 8 servings sea salt for sprinkling
- 0.5 cup stout beer (I like Founders Breakfast Stout)
- 4 tablespoons butter unsalted
- 2 pints whipped cream

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- slotted spoon

Directions

- Put the bacon in a medium saucepan over medium heat and cook, stirring, until very crisp, about 10 minutes.
- Remove with a slotted spoon and drain on paper towels, reserving the fat in the pan.
- Add the brown sugar, corn syrup, beer, butter, heavy cream and a pinch each of kosher salt and pepper to the pan. Bring to a boil, then reduce the heat to medium low and simmer until slightly thickened, 6 to 8 minutes.
- Transfer to a bowl and refrigerate until ready to serve.
- Scoop the ice cream into bowls and spoon the toffee sauce on top.
- Garnish with the crispy bacon bits, toasted pecans and sea salt.
- Photograph by Charles Masters

Nutrition Facts



PROTEIN 4.55% **FAT 51.71%** **CARBS 43.74%**

Properties

Glycemic Index:11.25, Glycemic Load:19.69, Inflammation Score:-6, Nutrition Score:9.8852175111356%

Flavonoids

Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg, Cyanidin: 1.33mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg

Nutrients (% of daily need)

Calories: 662.68kcal (33.13%), Fat: 38.88g (59.82%), Saturated Fat: 17.78g (111.12%), Carbohydrates: 74g (24.67%), Net Carbohydrates: 71.98g (26.18%), Sugar: 69.05g (76.72%), Cholesterol: 93.67mg (31.22%), Sodium: 605.8mg (26.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.7g (15.41%), Manganese: 0.59mg (29.35%), Vitamin B2: 0.34mg (20.14%), Calcium: 198.15mg (19.82%), Phosphorus: 191.19mg (19.12%), Vitamin A: 904.01IU (18.08%), Vitamin B1: 0.19mg (12.46%), Zinc: 1.7mg (11.31%), Potassium: 368.1mg (10.52%), Copper: 0.2mg (9.89%), Vitamin B5: 0.96mg (9.58%), Vitamin B12: 0.57µg (9.52%), Selenium: 6.57µg (9.38%), Magnesium: 37.19mg (9.3%), Fiber: 2.02g (8.06%), Vitamin B6: 0.14mg (6.94%), Vitamin E: 0.89mg (5.94%), Vitamin B3: 0.92mg (4.6%), Vitamin D: 0.64µg (4.26%), Iron: 0.69mg (3.86%), Folate: 9.72µg (2.43%), Vitamin K: 1.75µg (1.67%), Vitamin C: 0.94mg (1.13%)