



Bluebarb Pie Ice Cream Sundaes

READY IN



195 min.

SERVINGS



4

CALORIES



851 kcal

DESSERT

Ingredients

- ☐ 12 oz blueberries
- ☐ 0.1 teaspoon cinnamon
- ☐ 0.5 teaspoon cornstarch
- ☐ 6 tablespoons t brown sugar dark
- ☐ 1 cup flour
- ☐ 0.1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon
- ☐ 1 lb rhubarb trimmed thinly sliced
- ☐ 10 tablespoon sugar divided

- ☐ 0.5 cup butter unsalted softened
- ☐ 1 teaspoon vanilla extract
- ☐ 4 cups whipped cream softened

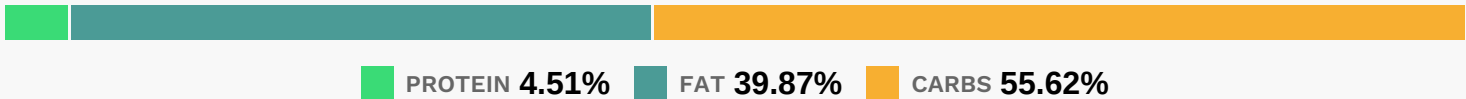
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven

Directions

- ☐ Cook rhubarb with brown sugar in a medium frying pan over medium-low heat until it looks like jam, 20 minutes. Put in a bowl and chill. Stir in ice cream and freeze until firm, 3 hours.
- ☐ Preheat oven to 35
- ☐ Line a baking sheet with parchment paper.
- ☐ Mix 1 tbsp. sugar and the cinnamon in a bowl. Beat butter, 5 tbsp. sugar, the vanilla, and salt in a bowl until light and fluffy.
- ☐ Add flour and mix on low until large clumps form.
- ☐ Gather dough into a ball and roll into a 1/4-in.-thick round.
- ☐ Transfer to baking sheet, sprinkle with cinnamon sugar, and freeze until firm, 10 minutes.
- ☐ Bake until edges are golden brown, 15 to 20 minutes. Cool, then break into large shards.
- ☐ Put berries, cornstarch, lemon juice, and remaining sugar in a small saucepan. Bring to a simmer over medium-low heat and cook, stirring, until thick and bubbly, 5 minutes.
- ☐ Divide berry compote among 4 bowls. Scoop ice cream into each bowl and add crust shards.

Nutrition Facts



Properties

Glycemic Index:66.02, Glycemic Load:61.16, Inflammation Score:-8, Nutrition Score:18.856086896813%

Flavonoids

Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg Petunidin: 26.82mg, Petunidin: 26.82mg, Petunidin: 26.82mg, Petunidin: 26.82mg Delphinidin: 30.13mg, Delphinidin: 30.13mg, Delphinidin: 30.13mg, Delphinidin: 30.13mg Malvidin: 57.48mg, Malvidin: 57.48mg, Malvidin: 57.48mg, Malvidin: 57.48mg Peonidin: 17.26mg, Peonidin: 17.26mg, Peonidin: 17.26mg, Peonidin: 17.26mg Catechin: 6.96mg, Catechin: 6.96mg, Catechin: 6.96mg, Catechin: 6.96mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg, Epicatechin 3-gallate: 0.68mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg, Kaempferol: 1.41mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg, Quercetin: 6.54mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 851.44kcal (42.57%), Fat: 38.46g (59.16%), Saturated Fat: 23.67g (147.95%), Carbohydrates: 120.7g (40.23%), Net Carbohydrates: 114.8g (41.75%), Sugar: 85.43g (94.92%), Cholesterol: 119.09mg (39.7%), Sodium: 192.9mg (8.39%), Alcohol: 0.34g (100%), Alcohol %: 0.1% (100%), Protein: 9.78g (19.56%), Vitamin K: 52.14µg (49.65%), Manganese: 0.76mg (37.98%), Vitamin B2: 0.56mg (32.76%), Calcium: 299.33mg (29.93%), Vitamin A: 1426.81IU (28.54%), Vitamin B1: 0.36mg (23.73%), Vitamin C: 19.57mg (23.72%), Fiber: 5.9g (23.59%), Selenium: 14.99µg (21.42%), Potassium: 725.18mg (20.72%), Phosphorus: 206.39mg (20.64%), Folate: 78.61µg (19.65%), Vitamin B3: 2.73mg (13.67%), Vitamin E: 1.87mg (12.47%), Iron: 2.22mg (12.31%), Magnesium: 46.65mg (11.66%), Vitamin B5: 1.17mg (11.66%), Zinc: 1.42mg (9.45%), Vitamin B12: 0.56µg (9.38%), Copper: 0.16mg (8.22%), Vitamin B6: 0.16mg (7.94%), Vitamin D: 0.69µg (4.6%)