



Bourbon Brown Sugar Sundae

READY IN



1740 min.

SERVINGS



4

CALORIES



893 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons bourbon
- ☐ 2 tablespoons brown sugar
- ☐ 4 servings mrs richardson's butterscotch caramel sauce store-bought
- ☐ 4 servings gingersnap cookies crushed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup heavy whipped cream chilled
- ☐ 1.5 cups heavy whipping cream
- ☐ 2 tablespoons real maple syrup
- ☐ 0.3 cup powdered sugar

☐ 1.5 cups condensed milk sweetened

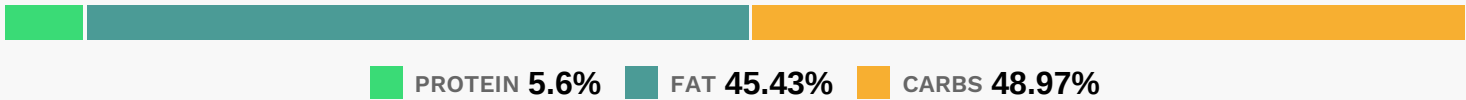
Equipment

- ☐ bowl
- ☐ whisk
- ☐ hand mixer
- ☐ measuring cup
- ☐ ice cream machine

Directions

- ☐ Special equipment: ice cream maker
- ☐ Place the ice cream insert in the freezer a full 24 hours before making your ice cream.
- ☐ Whisk together the cream, milk, brown sugar, bourbon and cinnamon together in a large liquid measuring cup and refrigerate until cold, about 30 minutes.
- ☐ Turn your ice cream machine on and pour in the cream mixture. Churn until the mixture looks slushy like soft serve, about 15 minutes.
- ☐ Remove the canister from the ice cream maker and place in the freezer for several hours until firm enough to scoop.
- ☐ Divide the ice cream amongst 4 ice cream bowls and top with caramel sauce, crushed gingersnaps and Maple Whipped Cream.
- ☐ Whip the heavy cream in a cold bowl with an electric hand mixer until it looks thick.
- ☐ Add the powdered sugar and maple syrup and continue beating until medium peaks appear.

Nutrition Facts



Properties

Glycemic Index:43.13, Glycemic Load:41.57, Inflammation Score:-7, Nutrition Score:14.039130480393%

Nutrients (% of daily need)

Calories: 893.49kcal (44.67%), Fat: 45.64g (70.21%), Saturated Fat: 28.93g (180.8%), Carbohydrates: 110.71g (36.9%), Net Carbohydrates: 110.56g (40.2%), Sugar: 108.38g (120.42%), Cholesterol: 151.27mg (50.42%), Sodium: 315.79mg (13.73%), Alcohol: 1.88g (100%), Alcohol %: 0.82% (100%), Protein: 12.65g (25.3%), Vitamin B2: 0.79mg (46.27%), Calcium: 438.77mg (43.88%), Phosphorus: 372.49mg (37.25%), Vitamin A: 1757.86IU (35.16%), Selenium: 20.57µg (29.38%), Potassium: 594.24mg (16.98%), Manganese: 0.32mg (16.11%), Vitamin B12: 0.76µg (12.72%), Vitamin B5: 1.21mg (12.1%), Vitamin D: 1.72µg (11.45%), Magnesium: 43.01mg (10.75%), Zinc: 1.43mg (9.55%), Vitamin B1: 0.14mg (9.04%), Vitamin E: 1.14mg (7.57%), Vitamin B6: 0.1mg (4.99%), Folate: 18.39µg (4.6%), Vitamin C: 3.73mg (4.52%), Vitamin K: 3.93µg (3.75%), Iron: 0.46mg (2.56%), Copper: 0.04mg (1.85%), Vitamin B3: 0.36mg (1.8%)