



Bourbon-Pecan Macaroon Bombe

READY IN



45 min.

SERVINGS



12

CALORIES



589 kcal

DESSERT

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 12 servings mrs richardson's butterscotch caramel sauce quick
- ☐ 4.5 cups coconut macaroon cookie crumbs soft (23 cookies)
- ☐ 8 ounce cream cheese softened
- ☐ 1 cup pecans toasted
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 12 ounce non-dairy whipped topping frozen thawed

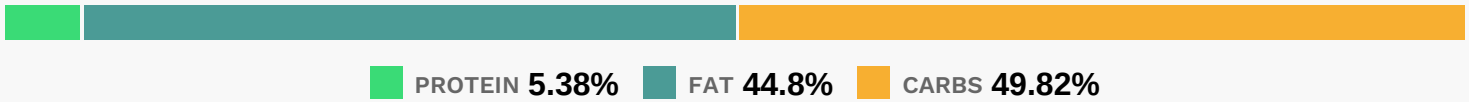
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ hand mixer

Directions

- ☐ Place cookie crumbs in a large bowl.
- ☐ Drizzle bourbon over crumbs. Toss well, and let crumbs soak 30 minutes.
- ☐ Coat a 9-cup mold or large mixing bowl with cooking spray, and line with plastic wrap. Press bourbon-soaked cookie crumbs into prepared mold, forming a shell; set aside.
- ☐ Combine cream cheese and sweetened condensed milk in a bowl; beat at medium speed of an electric mixer until smooth. Fold in whipped topping and pecans. Spoon mixture into cookie shell. Cover and freeze until firm.
- ☐ Invert frozen bombe onto a chilled serving platter.
- ☐ Place a damp, warm towel around mold.
- ☐ Remove mold, and peel off plastic wrap. Slice bombe into wedges, and serve with Quick Caramel Sauce.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:26.3, Inflammation Score:-4, Nutrition Score:9.4313043122706%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 589.29kcal (29.46%), Fat: 29.46g (45.32%), Saturated Fat: 12.44g (77.72%), Carbohydrates: 73.71g (24.57%), Net Carbohydrates: 72.35g (26.31%), Sugar: 56.65g (62.95%), Cholesterol: 30.9mg (10.3%), Sodium: 390.59mg (16.98%), Alcohol: 1.67g (100%), Alcohol %: 1.23% (100%), Protein: 7.96g (15.92%), Manganese: 0.59mg (29.71%), Vitamin B2: 0.34mg (19.78%), Phosphorus: 190.59mg (19.06%), Calcium: 163.23mg (16.32%), Vitamin B1: 0.23mg (15.49%), Selenium: 10.39µg (14.84%), Folate: 39.36µg (9.84%), Vitamin E: 1.42mg (9.46%), Vitamin A: 436.45IU (8.73%), Iron: 1.46mg (8.12%), Potassium: 273.03mg (7.8%), Copper: 0.16mg (7.75%), Magnesium: 30.53mg (7.63%), Vitamin B3: 1.45mg (7.26%), Zinc: 1.03mg (6.87%), Vitamin B5: 0.61mg (6.11%), Vitamin K: 5.95µg (5.66%), Fiber: 1.36g (5.44%), Vitamin B12: 0.32µg (5.26%), Vitamin B6: 0.08mg (3.94%), Vitamin C: 1.16mg (1.41%)