



Buttered-Popcorn Ice Cream Sundae

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



769 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons bittersweet chocolate 61% finely chopped (do not exceed cacao)
- ☐ 0.3 cup plus light
- ☐ 0.1 teaspoon cream of tartar
- ☐ 8 large egg yolk
- ☐ 2 cups cup heavy whipping cream
- ☐ 1 teaspoon kosher salt divided
- ☐ 2 tablespoons chocolate finely chopped (such as Lindt or Scharffen Berger)
- ☐ 1 cup peanuts store-bought coarsely chopped

- ☐ 0.3 cup peanut butter
- ☐ 2 cups popped popcorn
- ☐ 8 servings popped popcorn
- ☐ 8 servings roasted peanuts salted
- ☐ 5 tablespoons sugar divided
- ☐ 1.5 tablespoons butter unsalted melted
- ☐ 1 teaspoon vanilla extract
- ☐ 8 servings whipped cream
- ☐ 2 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon
- ☐ ice cream machine
- ☐ pastry brush

Directions

- ☐ Combine sugar, cornsyrup, cream of tartar, and 1/4 cup water in a medium saucepan. Stir over medium-low heat until sugar dissolves. Increase heat and cook without stirring, occasionally swirling pan and brushing down sides with a wet pastry brush, until dark amber in color, about 7 minutes.
- ☐ Remove from heat; immediately add butter and stir until melted. Slowly add cream (mixture will bubble vigorously).

- ☐ Add vanilla and salt; whisk until smooth. DO AHEAD: Can be made 1 month ahead.
- ☐ Let cool completely. Cover sauce and chill. Rewarm slightly before using.
- ☐ Set a strainer over a large bowl; set aside.
- ☐ Place popcorn in another large bowl.
- ☐ Drizzle butter over and sprinkle with 1/2 teaspoon salt; toss to coat.
- ☐ Add milk and cream; cover and steep for 10 minutes. Stir in corn syrup and 1 tablespoon sugar. Working in batches, purée popcorn mixture in a blender until smooth.
- ☐ Transfer to a large saucepan and bring to a simmer over medium heat.
- ☐ Using an electric mixer, beat yolks, remaining 4 tablespoons sugar, and remaining 1/2 teaspoon salt in a large bowl until thick ribbons form. Gradually whisk hot popcorn mixture into yolk mixture. Return to saucepan and cook over medium-low heat, stirring constantly with a wooden spoon, until custard is slightly thickened, your finger leaves a path when drawn across the back of a spoon, and an instant-read thermometer registers 175°F, 3–4 minutes.
- ☐ Pour through strainer. Cover and chill overnight.
- ☐ Process in an ice cream maker according to manufacturer's instructions.
- ☐ Transfer to a container, cover, and freeze. DO AHEAD: Can be made 2 days ahead. Keep frozen.
- ☐ Stir both chocolates in a medium metal bowl set over a saucepan of simmering water until melted and smooth. Set aside.
- ☐ Place peanut brittle in a food processor and pulse until finely ground.
- ☐ Add peanut butter and melted chocolate. Pulse until combined.
- ☐ Spread out on a baking sheet. Chill for at least 4 hours. DO AHEAD: Can be made 1 day ahead. Cover; keep chilled.
- ☐ Spoon some caramel sauce into tall, decorative glasses or serving bowls.
- ☐ Add 2 scoops buttered-popcorn ice cream.
- ☐ Drizzle more caramel sauce over.
- ☐ Sprinkle some halvah over. Top with a spoonful of whipped cream.
- ☐ Garnish sundae with peanuts and buttered popcorn.

Nutrition Facts



 PROTEIN 11.17%  FAT 69.59%  CARBS 19.24%

Properties

Glycemic Index:48.2, Glycemic Load:11.09, Inflammation Score:-8, Nutrition Score:22.055217595204%

Nutrients (% of daily need)

Calories: 769.3kcal (38.46%), Fat: 62.2g (95.69%), Saturated Fat: 24.69g (154.29%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 32.85g (11.94%), Sugar: 25.14g (27.93%), Cholesterol: 268.58mg (89.53%), Sodium: 515.38mg (22.41%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Caffeine: 5.66mg (1.89%), Protein: 22.46g (44.91%), Manganese: 1.43mg (71.55%), Vitamin B3: 8.71mg (43.57%), Phosphorus: 411.27mg (41.13%), Magnesium: 127.74mg (31.93%), Folate: 117.27µg (29.32%), Vitamin A: 1334.53IU (26.69%), Copper: 0.5mg (24.84%), Selenium: 17.01µg (24.3%), Fiber: 5.84g (23.35%), Vitamin B2: 0.37mg (21.87%), Vitamin B1: 0.32mg (21.33%), Calcium: 201.39mg (20.14%), Potassium: 643.17mg (18.38%), Vitamin B5: 1.77mg (17.68%), Vitamin D: 2.6µg (17.36%), Zinc: 2.32mg (15.46%), Vitamin B6: 0.31mg (15.25%), Iron: 2.53mg (14.06%), Vitamin B12: 0.78µg (13.08%), Vitamin E: 1.89mg (12.62%), Vitamin K: 3.08µg (2.93%)