



Caramel Apple Ice Cream

 Gluten Free

READY IN



225 min.

SERVINGS



3

CALORIES



786 kcal

DESSERT

Ingredients

- 1 cup apple cider
- 2 cups cooking apples peeled finely chopped
- 2 tablespoons butter
- 0.3 cup smucker's® caramel topping flavored
- 14 ounce eagle brand® condensed milk sweetened canned
- 0.8 teaspoon ground cinnamon
- 1.5 cups half-and-half cream

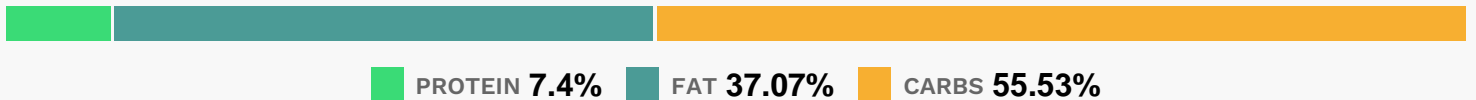
Equipment

- bowl
- frying pan
- whisk
- ice cream machine

Directions

- Cook apple in melted butter in large skillet over medium heat until tender, about 10 minutes, stirring occasionally. Stir in apple cider and apple pie spice; cover and simmer 5 minutes.
- Whisk sweetened condensed milk and cream in medium bowl until well blended. Stir in apple mixture. Fill a large bowl about halfway with ice cubes and very cold water. Set the medium bowl containing the ice cream mixture inside the large bowl. Stir until very cold, about 5 to 10 minutes.
- Freeze in ice cream maker according to manufacturer's instructions.
- Spread in 8- or 9-inch square pan. Cover and freeze until firm, about 3 hours. Scoop ice cream and mound in pan.
- Drizzle caramel topping over entire surface, allowing caramel to seep into ice cream. Pack ice cream back into pan. Cover and freeze until ready to serve.

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:50.5, Inflammation Score:-7, Nutrition Score:15.804782691209%

Flavonoids

Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg, Cyanidin: 1.32mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 9.98mg, Epicatechin: 9.98mg, Epicatechin: 9.98mg, Epicatechin: 9.98mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 785.58kcal (39.28%), Fat: 33.3g (51.23%), Saturated Fat: 20.64g (129%), Carbohydrates: 112.23g (37.41%), Net Carbohydrates: 110g (40%), Sugar: 107.56g (119.51%), Cholesterol: 107.4mg (35.8%), Sodium: 391.71mg (17.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.96g (29.92%), Calcium: 534.44mg (53.44%), Vitamin B2: 0.82mg (48.47%), Phosphorus: 476.96mg (47.7%), Selenium: 24µg (34.28%), Potassium: 841.29mg (24.04%), Vitamin A: 1084.51IU (21.69%), Vitamin B5: 1.48mg (14.81%), Vitamin B12: 0.87µg (14.55%), Magnesium: 56.72mg (14.18%), Vitamin B1: 0.19mg (12.48%), Zinc: 1.78mg (11.9%), Vitamin C: 9.31mg (11.29%), Manganese: 0.19mg (9.42%), Vitamin B6: 0.18mg (8.93%), Fiber: 2.23g (8.93%), Vitamin E: 0.91mg (6.07%), Folate: 21.58µg (5.4%), Vitamin K: 5µg (4.76%), Iron: 0.61mg (3.37%), Copper: 0.07mg (3.25%), Vitamin B3: 0.56mg (2.79%), Vitamin D: 0.26µg (1.76%)