



Caramel-Apple Ice Cream

READY IN



20 min.

SERVINGS



20

CALORIES



130 kcal

DESSERT

Ingredients

- ☐ 20 servings milk chocolate shavings for garnish
- ☐ 0.1 teaspoon cinnamon
- ☐ 0.3 cup dulce de leche
- ☐ 20 servings gingersnaps crumbled for garnish
- ☐ 2 apples i use 2 granny smith apples peeled very thinly sliced quartered
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons butter unsalted
- ☐ 2 pints whipped cream

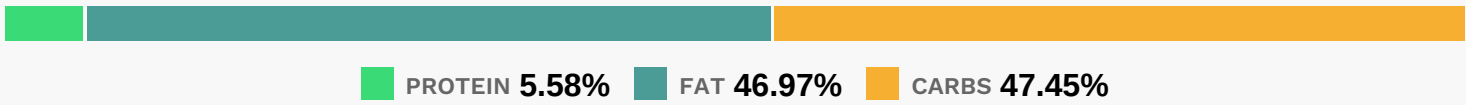
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Melt the butter in a medium skillet.
- ☐ Add the apples and cook over moderate heat, stirring, until softened and browned, about 5 minutes.
- ☐ Add the sugar, cinnamon and 1/4 cup of water and cook for 2 minutes longer. Stir in the dulce de leche until melted. Scrape the mixture into a bowl and refrigerate until chilled.
- ☐ Fold the apple mixture into softened vanilla ice cream and freeze until firm, about 4 hours. Scoop into bowls and garnish with chocolate shavings and crumbled gingersnaps.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:7.69, Inflammation Score:-2, Nutrition Score:2.4886956655461%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 129.74kcal (6.49%), Fat: 6.85g (10.55%), Saturated Fat: 4.18g (26.14%), Carbohydrates: 15.58g (5.19%), Net Carbohydrates: 14.7g (5.35%), Sugar: 13.09g (14.54%), Cholesterol: 23.89mg (7.96%), Sodium: 43.85mg (1.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.67%), Vitamin B2: 0.12mg (7.19%), Calcium: 63.52mg (6.35%), Phosphorus: 55.46mg (5.55%), Vitamin A: 244.58IU (4.89%), Potassium: 123.17mg (3.52%), Fiber: 0.88g (3.51%), Vitamin B12: 0.19µg (3.15%), Vitamin B5: 0.29mg (2.94%), Magnesium: 9.82mg (2.45%), Zinc: 0.37mg

(2.45%), Manganese: 0.04mg (2.06%), Vitamin B1: 0.02mg (1.66%), Vitamin B6: 0.03mg (1.58%), Copper: 0.03mg (1.58%), Vitamin E: 0.22mg (1.49%), Selenium: 1µg (1.44%), Vitamin C: 1.12mg (1.36%), Iron: 0.19mg (1.07%)