



Caramel Apple Ice-cream Tarts

READY IN



365 min.

SERVINGS



8

CALORIES



798 kcal

DESSERT

Ingredients

- ☐ 8 servings apples
- ☐ 2 tablespoons bourbon
- ☐ 0.3 cup brown sugar light packed
- ☐ 0.8 cup butter cubed
- ☐ 2 tablespoons butter
- ☐ 8 servings mrs richardson's butterscotch caramel sauce
- ☐ 0.3 cup cornstarch
- ☐ 1.7 cups flour all-purpose
- ☐ 2 cups gala apple diced peeled

- ☐ 0.5 cup pecans salted
- ☐ 0.7 cup powdered sugar
- ☐ 2 pt whipped cream

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 35
- ☐ Pulse first 4 ingredients in a food processor 10 to 12 times or until mixture resembles coarse meal. Firmly press on bottom and up sides of 8 (3 3/4-inch) round tart pans with removable bottoms (about 7 Tbsp. per pan).
- ☐ Place tart pans on a baking sheet.
- ☐ Bake 25 to 30 minutes or until lightly browned. Cool completely on baking sheet on a wire rack (about 30 minutes).
- ☐ Melt 2 Tbsp. butter in a large skillet over medium-high heat; add apples and brown sugar. Cook, stirring constantly, 8 to 10 minutes or until tender and caramelized.
- ☐ Remove from heat, and stir in bourbon. Cool completely (about 30 minutes).
- ☐ Let ice cream stand at room temperature 10 minutes or until softened; place ice cream in a large bowl, and stir in apple mixture. Cover and freeze 4 hours or until firm.
- ☐ Serve in tart shells with Caramel Sauce and pecans.
- ☐ Garnish, if desired.

Nutrition Facts



 **PROTEIN 4.14%**  **FAT 42.29%**  **CARBS 53.57%**

Properties

Glycemic Index:40.63, Glycemic Load:34.36, Inflammation Score:-7, Nutrition Score:12.72695662146%

Flavonoids

Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg, Cyanidin: 2.14mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg, Catechin: 1.67mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 7.11mg, Epicatechin: 7.11mg, Epicatechin: 7.11mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 797.96kcal (39.9%), Fat: 37.98g (58.43%), Saturated Fat: 21.22g (132.62%), Carbohydrates: 108.24g (36.08%), Net Carbohydrates: 103.82g (37.75%), Sugar: 76.63g (85.15%), Cholesterol: 105.33mg (35.11%), Sodium: 395.12mg (17.18%), Alcohol: 1.25g (100%), Alcohol %: 0.47% (100%), Protein: 8.36g (16.72%), Vitamin B2: 0.46mg (26.79%), Manganese: 0.53mg (26.4%), Vitamin A: 1207.39IU (24.15%), Vitamin B1: 0.31mg (20.74%), Phosphorus: 202.54mg (20.25%), Calcium: 198.64mg (19.86%), Fiber: 4.42g (17.69%), Selenium: 12.28µg (17.54%), Folate: 59.38µg (14.84%), Potassium: 433.92mg (12.4%), Vitamin B5: 1.01mg (10.14%), Vitamin B12: 0.58µg (9.59%), Magnesium: 37.95mg (9.49%), Iron: 1.69mg (9.37%), Vitamin B3: 1.85mg (9.27%), Zinc: 1.35mg (8.98%), Copper: 0.17mg (8.64%), Vitamin E: 1.22mg (8.14%), Vitamin C: 5.29mg (6.41%), Vitamin B6: 0.12mg (6.21%), Vitamin K: 4.45µg (4.24%), Vitamin D: 0.24µg (1.58%)