



Caramel Cream Pie with Candied Almonds

READY IN



380 min.

SERVINGS



8

CALORIES



548 kcal

DESSERT

Ingredients

- ☐ 8 servings optional: caramel syrup and whipped cream for garnishing
- ☐ 14 oz caramels kraft (such as)
- ☐ 1 9-inch unbaked deep-dish pie crust
- ☐ 1 packet gelatin powder unflavored
- ☐ 2 tablespoons granulated sugar
- ☐ 1.5 cups heavy cream
- ☐ 1 cup milk
- ☐ 0.3 cup slivered almonds
- ☐ 0.3 cup warm water

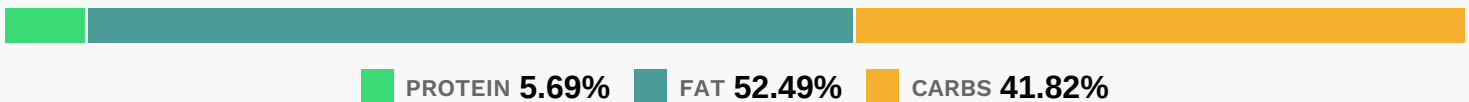
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Bake pie crust as directed on package or prepare your own pie crust, blind bake it and allow it to cool completely.
- ☐ Place 1/4 cup of water in a small bowl.
- ☐ Sprinkle 1 packet of gelatin over water and let it sit for 5 minutes to soften. Meanwhile, in a heavy saucepan, combine caramel and milk.
- ☐ Heat over medium-low, stirring often, until caramels melt and mixture is smooth. Stir in gelatin.
- ☐ Transfer to a bowl and chill for 60 minutes or until it is slightly thickened (it will not be super thick....just slightly thicker than before). Fold the caramel mixture into the bowl of whipped cream.
- ☐ Pour into pie shell – it will go up to the very top. Chill for 4 hours or until set. Before serving, prepare the candied almonds. In a large skillet, stir together the sugar and almonds. Cook the almonds, stirring constantly, over medium heat. The sugar will start to melt and caramelize....be patient, because it takes at least 5 minutes. Continue stirring and watching almonds. When the almonds become golden brown, spoon them out onto a sheet of foil to cool and crisp. When ready to serve, break the almonds apart and sprinkle on pie.

Nutrition Facts



Properties

Glycemic Index:29.76, Glycemic Load:27.92, Inflammation Score:-5, Nutrition Score:8.2830433975095%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 547.71kcal (27.39%), Fat: 32.81g (50.48%), Saturated Fat: 15.36g (96%), Carbohydrates: 58.82g (19.61%), Net Carbohydrates: 57.86g (21.04%), Sugar: 38.94g (43.26%), Cholesterol: 62.12mg (20.71%), Sodium: 247.55mg (10.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8g (16.01%), Vitamin B2: 0.35mg (20.66%), Calcium: 159.98mg (16%), Phosphorus: 159.78mg (15.98%), Vitamin A: 767.38IU (15.35%), Vitamin E: 2.19mg (14.63%), Manganese: 0.25mg (12.28%), Vitamin B1: 0.15mg (10.19%), Magnesium: 32.53mg (8.13%), Potassium: 262.03mg (7.49%), Vitamin D: 1.07µg (7.16%), Folate: 27.94µg (6.99%), Vitamin B5: 0.68mg (6.77%), Selenium: 4.71µg (6.74%), Vitamin B12: 0.4µg (6.71%), Vitamin K: 6.76µg (6.44%), Iron: 0.93mg (5.19%), Copper: 0.1mg (5.19%), Vitamin B3: 1.01mg (5.04%), Zinc: 0.75mg (4.97%), Vitamin B6: 0.08mg (4.2%), Fiber: 0.96g (3.83%)