



Caramel Pecan Sundaes

 Gluten Free

READY IN



267 min.

SERVINGS



6

CALORIES



1022 kcal

DESSERT

Ingredients

- 1.3 cups heavy cream
- 2 pints butter pecan ice cream
- 6 servings pecans toasted
- 1.5 cups sugar
- 0.5 teaspoon vanilla extract pure
- 2 pints whipped cream

Equipment

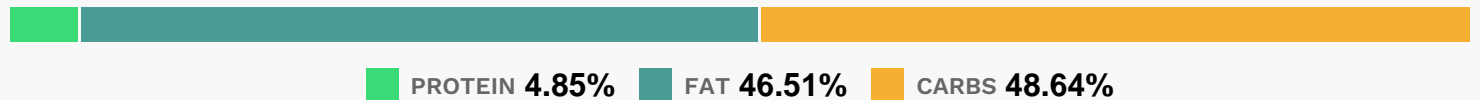
- frying pan

- sauce pan
- candy thermometer

Directions

- Watch how to make this recipe.
- For the caramel, mix 1/3 cup water and the sugar in a medium heavy-bottomed saucepan. Cook, without stirring, over low heat for 5 to 10 minutes, until the sugar dissolves. Increase the heat to medium and boil uncovered until the sugar turns a warm chestnut brown (about 350 degrees F on a candy thermometer), 5 to 7 minutes, gently swirling the pan to stir the mixture. Be careful; the mixture is extremely hot! Watch the mixture constantly at the end, as it will go from caramel to burnt very quickly. Turn off the heat. Stand back to avoid splattering and slowly add the cream and vanilla. The cream will bubble violently and the caramel will solidify; don't worry. Simmer over low heat, stirring constantly, until the caramel dissolves and the sauce is smooth, about 2 minutes. Allow to cool to room temperature, at least 4 hours. It will thicken as it sits.
- To assemble the sundaes, place 1 scoop of vanilla ice cream and 1 scoop of butter pecan ice cream in each dish and sprinkle with toasted pecans.
- Drizzle with caramel sauce and serve extra sauce on the side.

Nutrition Facts



Properties

Glycemic Index:33.68, Glycemic Load:78.97, Inflammation Score:-8, Nutrition Score:14.781739131264%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 1021.94kcal (51.1%), Fat: 53.48g (82.28%), Saturated Fat: 32.89g (205.53%), Carbohydrates: 125.84g (41.95%), Net Carbohydrates: 123.53g (44.92%), Sugar: 118.31g (131.45%), Cholesterol: 194.83mg (64.94%), Sodium:

266.28mg (11.58%), Alcohol: 0.11g (100%), Alcohol %: 0.03% (100%), Protein: 12.54g (25.08%), Vitamin B2: 0.86mg (50.67%), Calcium: 437.74mg (43.77%), Vitamin A: 2057.48IU (41.15%), Phosphorus: 362.77mg (36.28%), Vitamin B12: 1.31µg (21.83%), Vitamin B5: 1.97mg (19.68%), Potassium: 680.44mg (19.44%), Zinc: 2.35mg (15.64%), Magnesium: 48.88mg (12.22%), Selenium: 7.5µg (10.72%), Vitamin B1: 0.15mg (9.73%), Vitamin D: 1.42µg (9.49%), Vitamin E: 1.42mg (9.44%), Fiber: 2.3g (9.22%), Vitamin B6: 0.17mg (8.55%), Copper: 0.09mg (4.69%), Folate: 17.98µg (4.49%), Manganese: 0.07mg (3.67%), Vitamin C: 2.2mg (2.67%), Vitamin K: 2.57µg (2.45%), Iron: 0.38mg (2.13%), Vitamin B3: 0.41mg (2.05%)