



Caramelized Fig Ice Cream

 Gluten Free

READY IN



210 min.

SERVINGS



3

CALORIES



596 kcal

DESSERT

Ingredients

- 2 tablespoons butter
- 2 cups figs plus more for garnish quartered
- 0.5 teaspoon kosher salt
- 2 teaspoons juice of lemon divided
- 0.3 cup sugar
- 1 pt whipped cream

Equipment

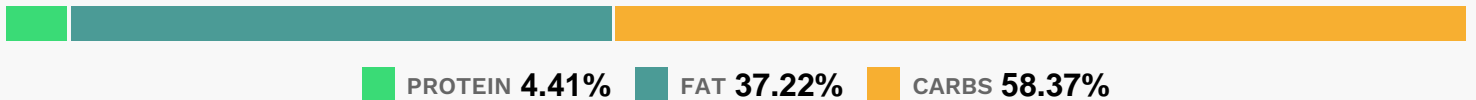
- bowl

- frying pan
- blender
- spatula

Directions

- Pour sugar and 1 tsp. lemon juice into a large frying pan with 3 tbsp. water. With your fingertips, mix the sugar and liquid until mixture is like wet sand. Cook over high heat until mixture boils. Continue to cook, swirling pan occasionally, until one area of the sugar starts to turn medium brown.
- Remove from heat and add figs and 2 tbsp. water, stirring.
- Return to heat and cook over low heat until mixture is bubbling and figs start to break down, about 15 minutes.
- Mix in butter, salt, and remaining 1 tsp. lemon juice.
- Let cool.
- Soften ice cream at room temperature for 10 minutes, then beat it in a bowl with a mixer until smooth. Use a rubber spatula to mix fig mixture into ice cream. Freeze, covered, until firm, at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:80.7, Glycemic Load:53.23, Inflammation Score:-7, Nutrition Score:11.519565312759%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 2.51mg, Catechin: 2.51mg, Catechin: 2.51mg, Catechin: 2.51mg Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg, Epicatechin: 0.79mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg

Nutrients (% of daily need)

Calories: 596.42kcal (29.82%), Fat: 25.47g (39.19%), Saturated Fat: 15.6g (97.52%), Carbohydrates: 89.88g (29.96%), Net Carbohydrates: 84.19g (30.61%), Sugar: 81.41g (90.46%), Cholesterol: 89.47mg (29.82%), Sodium: 575.61mg (25.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.79g (13.59%), Vitamin B2: 0.47mg (27.37%), Calcium: 259.99mg (26%), Fiber: 5.69g (22.75%), Vitamin A: 1121.43IU (22.43%), Potassium: 685.99mg (19.6%), Phosphorus: 190.2mg (19.02%), Vitamin B5: 1.4mg (14.04%), Vitamin B6: 0.26mg (12.79%), Magnesium: 49.29mg (12.32%), Manganese: 0.22mg (10.84%), Vitamin B1: 0.16mg (10.7%), Vitamin B12: 0.63µg (10.52%), Zinc: 1.34mg (8.92%), Vitamin K: 8.54µg (8.13%), Copper: 0.15mg (7.45%), Vitamin C: 5.39mg (6.53%), Vitamin E: 0.87mg (5.79%), Selenium: 3.39µg (4.84%), Folate: 18.3µg (4.57%), Iron: 0.74mg (4.14%), Vitamin B3: 0.82mg (4.1%), Vitamin D: 0.32µg (2.1%)