



WHATSheATE



Cashew-Fudge-Caramel Ice Cream Pie

 Popular

READY IN



330 min.

SERVINGS



8

CALORIES



355 kcal

DESSERT

Ingredients

- ☐ 30 vanilla wafers
- ☐ 0.8 cup cashew pieces
- ☐ 0.3 cup butter melted
- ☐ 4 cups dulce de leche softened
- ☐ 1 cup cream sauce

Equipment

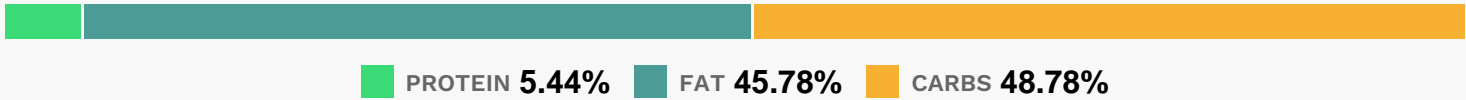
- ☐ food processor
- ☐ bowl

- ☐ oven
- ☐ pie form

Directions

- ☐ Heat oven to 350°F. In food processor bowl with metal blade, combine vanilla wafers and 1/2 cup of the cashews; process until finely ground.
- ☐ Add butter; process just until crumbly. Press mixture in bottom and up side of 9-inch glass pie pan.
- ☐ Bake at 350°F. for 10 to 12 minutes or until edges are light golden brown. Refrigerate crust for 20 minutes or until completely cooled.
- ☐ Spread 1 pint of the ice cream in cooled crust. Spoon or drizzle 1/2 cup of the ice cream topping over ice cream. Freeze about 30 minutes or until partially frozen.
- ☐ Top pie with remaining pint ice cream, spreading evenly. Freeze at least 4 hours or until firm.
- ☐ To serve, let pie stand at room temperature for 15 minutes.
- ☐ Cut into wedges; place on individual dessert plates. Top with remaining ice cream topping and cashew halves.

Nutrition Facts



Properties

Glycemic Index:24.27, Glycemic Load:13.24, Inflammation Score:-3, Nutrition Score:6.3365216818841%

Nutrients (% of daily need)

Calories: 354.69kcal (17.73%), Fat: 18.35g (28.24%), Saturated Fat: 7.38g (46.14%), Carbohydrates: 44g (14.67%), Net Carbohydrates: 42.23g (15.36%), Sugar: 21.05g (23.39%), Cholesterol: 15.86mg (5.29%), Sodium: 268.99mg (11.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Copper: 0.4mg (19.88%), Manganese: 0.34mg (17.06%), Magnesium: 53.7mg (13.42%), Phosphorus: 119.73mg (11.97%), Vitamin B1: 0.16mg (10.6%), Vitamin E: 1.27mg (8.49%), Iron: 1.3mg (7.24%), Fiber: 1.78g (7.11%), Zinc: 1.02mg (6.81%), Folate: 24.56µg (6.14%), Potassium: 208.34mg (5.95%), Vitamin B2: 0.1mg (5.63%), Vitamin K: 5.57µg (5.31%), Selenium: 3.35µg (4.79%), Vitamin B3: 0.81mg (4.06%), Vitamin A: 178.03IU (3.56%), Vitamin B6: 0.06mg (2.91%), Calcium: 24.8mg (2.48%), Vitamin B5: 0.16mg (1.58%)