



Chocolate Caramel Ice Cream Pie

READY IN



45 min.

SERVINGS



6

CALORIES



473 kcal

DESSERT

Ingredients

- 0.8 pint caramel ice cream softened (dulce de leche)
- 6 servings caramel sundae syrup
- 1 chocolate cookie crust dark
- 0.5 pint ice-cream chocolate shell dark softened
- 0.3 cup hazelnuts chopped
- 1 cup nutella (chocolate hazelnut spread)

Equipment

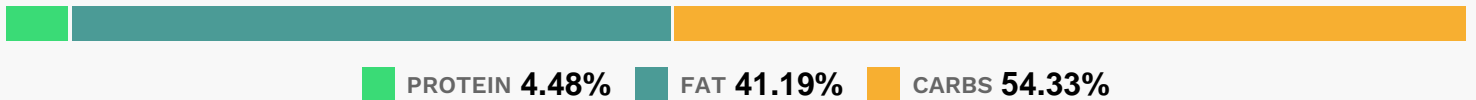
- bowl

- frying pan
- paper towels
- knife
- microwave
- spatula

Directions

- Place unopened jar of Nutella in a pan of hot water and let sit 10 minutes (or heat 1 cup in a bowl in a microwave set on high for 10 to 15 seconds). Spoon chocolate ice cream into cookie crust and use a spatula to smooth surface. Drop teaspoonfuls of Nutella (about 1/2 cup) on top of ice cream.
- Place in freezer for 15 minutes. Spoon caramel ice cream over Nutella and return to freezer for 15 minutes.
- Drizzle remaining 1/2 cup of Nutella over top of caramel ice cream. Top with hazelnuts, if desired. Freeze until firm, 3 hours or overnight.
- Before serving, allow pie to sit at room temperature 10 minutes.
- Cut slices with a large knife dipped in warm water and dried with paper towels.
- Drizzle a small amount of caramel syrup on dessert plates and top with a slice of pie.

Nutrition Facts



Properties

Glycemic Index:22.72, Glycemic Load:13.74, Inflammation Score:-3, Nutrition Score:9.5186957354131%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 473.29kcal (23.66%), Fat: 22.26g (34.25%), Saturated Fat: 17.11g (106.95%), Carbohydrates: 66.07g (22.02%), Net Carbohydrates: 62.41g (22.69%), Sugar: 60.08g (66.76%), Cholesterol: 13.41mg (4.47%), Sodium: 187.71mg (8.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.68mg (1.56%), Protein: 5.45g (10.89%), Manganese: 0.82mg (40.9%), Vitamin E: 3.37mg (22.46%), Copper: 0.37mg (18.69%), Iron: 2.8mg (15.54%), Phosphorus: 148.52mg (14.85%), Fiber: 3.66g (14.64%), Magnesium: 53.63mg (13.41%), Calcium: 122.28mg (12.23%), Potassium: 362.29mg (10.35%), Vitamin B2: 0.17mg (9.85%), Vitamin B1: 0.09mg (6.11%), Zinc: 0.88mg (5.87%), Vitamin B12: 0.32µg (5.36%), Vitamin B5: 0.51mg (5.06%), Folate: 19.88µg (4.97%), Selenium: 3.43µg (4.89%), Vitamin B6: 0.09mg (4.54%), Vitamin A: 202.53IU (4.05%), Vitamin B3: 0.4mg (1.98%), Vitamin K: 1.78µg (1.69%)