



Chocolate Cherry Bombe

READY IN



180 min.

SERVINGS



10

CALORIES



707 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces bittersweet chocolate 60% finely chopped (no more than cacao)
- ☐ 1 pint ice-cream chocolate shell softened
- ☐ 0.8 cup lightly chocolate wafer cookies crushed
- ☐ 1 maraschino cherry with stem
- ☐ 0.5 stick butter unsalted cut into pieces
- ☐ 3 pints cherry vanilla ice cream softened
- ☐ 0.3 cup vegetable oil
- ☐ 2.5 ounces walnuts cooled toasted chopped

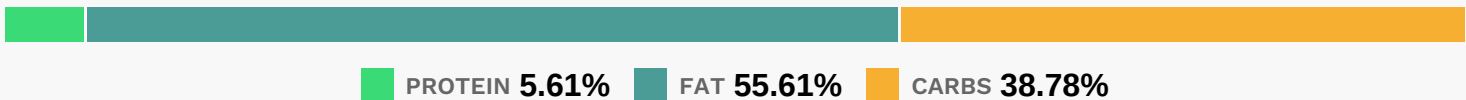
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ pot
- ☐ plastic wrap
- ☐ offset spatula

Directions

- ☐ Line bowl with plastic wrap, leaving an overhang all around.
- ☐ Stir walnuts and chocolate cookies into cherry ice cream in another bowl.
- ☐ Transfer ice cream to lined bowl and spread evenly over bottom and up sides, leaving a crater in center. Freeze until firm, about 45 minutes.
- ☐ Scoop chocolate ice cream into crater in cherry ice cream, then smooth top with an offset spatula. Freeze until firm, about 1 hour.
- ☐ Meanwhile, melt chocolate with butter and oil in a heatproof medium bowl set over a pot of simmering water, stirring.
- ☐ Remove from heat and cool slightly.
- ☐ Invert bombe onto a rack set over a baking sheet and remove plastic wrap. Make a small indentation in top and place maraschino cherry into ice cream so that the cherry is submerged but stem sticks straight up (like a fuse).
- ☐ Ladle chocolate sauce on top of bombe (avoiding cherry stem), letting it drip over sides to coat thoroughly. Freeze until chocolate coating is set, about 30 minutes.
- ☐ To serve, cut into wedges.
- ☐ Bombe keeps, loosely covered with plastic wrap, 1 week.

Nutrition Facts



Properties

Glycemic Index:18.05, Glycemic Load:32.4, Inflammation Score:-7, Nutrition Score:14.529565189196%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg

Nutrients (% of daily need)

Calories: 707.23kcal (35.36%), Fat: 44.51g (68.48%), Saturated Fat: 21.52g (134.53%), Carbohydrates: 69.85g (23.28%), Net Carbohydrates: 65.83g (23.94%), Sugar: 55.38g (61.53%), Cholesterol: 92.07mg (30.69%), Sodium: 254.92mg (11.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 17.82mg (5.94%), Protein: 10.1g (20.21%), Manganese: 0.67mg (33.44%), Vitamin B2: 0.5mg (29.45%), Phosphorus: 293.22mg (29.32%), Calcium: 257.89mg (25.79%), Copper: 0.51mg (25.26%), Magnesium: 84.27mg (21.07%), Vitamin A: 947.93IU (18.96%), Potassium: 566.73mg (16.19%), Fiber: 4.02g (16.07%), Iron: 2.57mg (14.25%), Zinc: 2.12mg (14.16%), Vitamin B5: 1.25mg (12.52%), Vitamin B12: 0.75µg (12.45%), Vitamin K: 12.84µg (12.22%), Vitamin B1: 0.14mg (9.6%), Vitamin E: 1.42mg (9.48%), Selenium: 6.58µg (9.4%), Folate: 30.12µg (7.53%), Vitamin B6: 0.15mg (7.36%), Vitamin B3: 1mg (5.02%), Vitamin D: 0.46µg (3.09%), Vitamin C: 1.28mg (1.55%)