



WHATSheATE



Coffee and Turrón Ice Cream Torte with Honey-Brandy Oranges

 Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



388 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons brandy
- ☐ 1 cup chess men butter cookies chopped
- ☐ 1 tablespoon ground coffee freshly ground
- ☐ 2 tablespoons honey
- ☐ 10 servings honey
- ☐ 3 cups whipped cream softened
- ☐ 1 tablespoon orange zest grated

- ☐ 0.8 cup slivered almonds toasted
- ☐ 0.3 cup sugar
- ☐ 3 cups whipped cream softened
- ☐ 1 tablespoon water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ loaf pan
- ☐ aluminum foil
- ☐ pastry brush

Directions

- ☐ Butter large piece of foil. Stir sugar, honey, and 1 tablespoon water in heavy small saucepan over low heat until sugar dissolves. Increase heat to high; boil without stirring until syrup turns deep amber color, occasionally brushing down sides of pan with wet pastry brush and swirling pan, about 4 minutes.
- ☐ Remove from heat. Immediately stir in almonds.
- ☐ Pour mixture onto prepared foil. Cool completely. Chop praline into 1/2-inch pieces.
- ☐ Line 9x5x23/4-inch metal loaf pan with plastic. Stir vanilla ice cream, 2 tablespoons brandy, and orange peel in bowl. Fold in cookies. Spoon half of ice cream mixture into prepared pan. Cover and freeze pan and remaining vanilla ice cream mixture separately until almost firm.
- ☐ Stir coffee ice cream, 2 tablespoons brandy, and ground coffee in another bowl. Fold in chopped praline. Spoon half of coffee ice cream mixture atop vanilla ice cream in loaf pan. Top with remaining vanilla ice cream mixture, then coffee ice cream mixture. Cover with plastic and freeze until firm, about 4 hours. (Can be made 2 days ahead. Keep frozen.)
- ☐ Remove torte from loaf pan.
- ☐ Cut into 1-inch-thick slices and serve with oranges.

Nutrition Facts



 **PROTEIN 6.53%**  **FAT 40.12%**  **CARBS 53.35%**

Properties

Glycemic Index:32.16, Glycemic Load:19.44, Inflammation Score:-3, Nutrition Score:5.8460869212513%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 388.43kcal (19.42%), Fat: 17g (26.15%), Saturated Fat: 6.95g (43.46%), Carbohydrates: 50.85g (16.95%), Net Carbohydrates: 49.2g (17.89%), Sugar: 38.09g (42.32%), Cholesterol: 34.85mg (11.62%), Sodium: 148.59mg (6.46%), Alcohol: 2g (100%), Alcohol %: 1.87% (100%), Protein: 6.22g (12.44%), Vitamin B2: 0.29mg (16.97%), Vitamin E: 2.31mg (15.42%), Calcium: 124.9mg (12.49%), Phosphorus: 122.93mg (12.29%), Manganese: 0.2mg (10.08%), Magnesium: 33.33mg (8.33%), Vitamin A: 336.03IU (6.72%), Fiber: 1.65g (6.61%), Potassium: 224.3mg (6.41%), Zinc: 0.83mg (5.52%), Copper: 0.11mg (5.4%), Vitamin B12: 0.31µg (5.15%), Vitamin B5: 0.51mg (5.09%), Vitamin B1: 0.05mg (3.34%), Selenium: 1.88µg (2.69%), Vitamin B6: 0.05mg (2.65%), Iron: 0.43mg (2.38%), Vitamin B3: 0.4mg (2.02%), Folate: 7.93µg (1.98%), Vitamin C: 1.35mg (1.63%), Vitamin D: 0.16µg (1.06%)