



WHATSheATE



## Double-Decker Rhubarb Ice Cream Sandwiches



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



292 kcal

DESSERT

### Ingredients

- ☐ 4 tablespoons plus light
- ☐ 6 large egg yolk
- ☐ 1 cup raspberries unsweetened frozen with juices thawed
- ☐ 5 cups rhubarb fresh unsweetened frozen with juices thawed trimmed
- ☐ 1 pinch salt
- ☐ 1.5 cups sugar
- ☐ 1 vanilla pod split

- ☐ 0.5 cup whipping cream

## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ ice cream machine

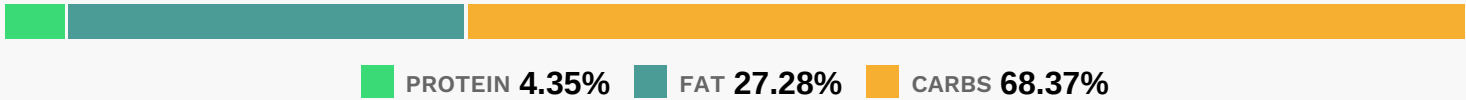
## Directions

- ☐ Scrape seeds from vanilla bean into heavy medium saucepan; add bean.
- ☐ Add rhubarb (with juices if using frozen), 1 cup sugar, 2 tablespoons corn syrup and pinch of salt. Cover pan and cook over medium-low heat until rhubarb is tender, about 10 minutes. Cool; discard vanilla bean.
- ☐ Place rhubarb mixture in blender.
- ☐ Add raspberries with juices; purée mixture until smooth.
- ☐ Whisk egg yolks, 1/2 cup whipping cream, remaining 1/2 cup sugar and 2 tablespoons corn syrup in clean heavy medium saucepan to blend well. Stir mixture over medium-low heat until thick enough to coat spoon, about 7 minutes (do not boil).
- ☐ Remove from heat.
- ☐ Mix in 2 1/3 cups rhubarb-raspberry purée. Refrigerate custard until cold. Cover and refrigerate remaining rhubarb-raspberry purée for sauce.
- ☐ Process rhubarb custard in ice cream maker according to manufacturer's instructions. Freeze in covered container.
- ☐ Place 8 Pistachio Meringues on clean baking sheet. Top each meringue with scoop of rhubarb-raspberry ice cream; flatten ice cream to reach edge of meringue. Top each ice-cream-covered meringue with another meringue and another scoop of ice cream; flatten to reach edge. Top each with third meringue. Cover and freeze ice cream sandwiches until firm, about 2 hours. (Can be made 3 days ahead. Keep frozen.)
- ☐ Cut sandwiches in half.

☐ Place 2 halves, rounded sides down, on plates.

☐ Drizzle with reserved purée.

# Nutrition Facts



## Properties

Glycemic Index:16.01, Glycemic Load:28.27, Inflammation Score:-3, Nutrition Score:7.0591304768687%

## Flavonoids

Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg, Cyanidin: 6.87mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Epicatechin 3-gallate: 0.46mg, Epicatechin 3-gallate: 0.46mg, Epicatechin 3-gallate: 0.46mg, Epicatechin 3-gallate: 0.46mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 292.42kcal (14.62%), Fat: 9.23g (14.21%), Saturated Fat: 4.68g (29.26%), Carbohydrates: 52.08g (17.36%), Net Carbohydrates: 49.73g (18.08%), Sugar: 47.88g (53.2%), Cholesterol: 154.51mg (51.5%), Sodium: 25.38mg (1.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.32g (6.63%), Vitamin K: 24.08µg (22.93%), Manganese: 0.26mg (12.93%), Selenium: 8.76µg (12.51%), Vitamin C: 10.12mg (12.27%), Calcium: 97.4mg (9.74%), Vitamin A: 485.24IU (9.7%), Fiber: 2.35g (9.39%), Potassium: 271.14mg (7.75%), Vitamin B2: 0.13mg (7.7%), Phosphorus: 73.38mg (7.34%), Folate: 27.7µg (6.92%), Vitamin D: 0.93µg (6.18%), Vitamin E: 0.8mg (5.35%), Vitamin B5: 0.53mg (5.33%), Vitamin B12: 0.27µg (4.54%), Vitamin B6: 0.08mg (3.82%), Iron: 0.65mg (3.63%), Magnesium: 14.24mg (3.56%), Zinc: 0.52mg (3.47%), Vitamin B1: 0.05mg (3.46%), Copper: 0.04mg (2.18%), Vitamin B3: 0.33mg (1.66%)