



WHATSheATE



Double-Decker Rhubarb Ice Cream Sandwiches



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



450 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons plus light
- ☐ 6 large egg yolk
- ☐ 8 servings pistachios
- ☐ 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

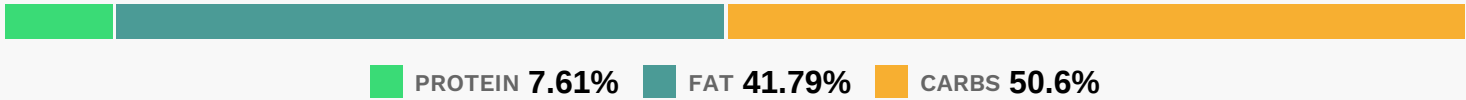
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ ice cream machine

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:18.26, Glycemic Load:29.13, Inflammation Score:-5, Nutrition Score:13.621304346168%

Flavonoids

Cyanidin: 8.92mg, Cyanidin: 8.92mg, Cyanidin: 8.92mg, Cyanidin: 8.92mg 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: 2.85mg, Catechin: 2.85mg, Catechin: 2.85mg, Catechin: 2.85mg Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg, Epigallocatechin: 0.64mg Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg Epicatechin 3-gallate: 0.46mg, Epicatechin 3-gallate: 0.46mg, Epicatechin 3-gallate: 0.46mg, Epicatechin 3-gallate: 0.46mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 449.78kcal (22.49%), Fat: 21.94g (33.76%), Saturated Fat: 6.24g (38.99%), Carbohydrates: 59.78g (19.93%), Net Carbohydrates: 54.55g (19.84%), Sugar: 50.03g (55.58%), Cholesterol: 154.51mg (51.5%), Sodium: 25.66mg (1.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.99g (17.98%), Manganese: 0.59mg (29.73%), Vitamin B6: 0.55mg (27.62%), Vitamin K: 24.08µg (22.93%), Phosphorus: 210.58mg (21.06%), Fiber: 5.23g (20.93%), Copper: 0.41mg (20.38%), Vitamin B1: 0.3mg (19.7%), Potassium: 558.14mg (15.95%), Selenium: 10.72µg (15.31%), Vitamin C: 11.69mg (14.17%), Calcium: 126.8mg (12.68%), Vitamin A: 601.44IU (12.03%), Magnesium: 48.12mg (12.03%), Folate: 41.98µg (10.49%), Vitamin B2: 0.18mg (10.34%), Iron: 1.75mg (9.73%), Vitamin E: 1.45mg (9.64%), Zinc: 1.14mg (7.58%), Vitamin B5: 0.68mg (6.79%), Vitamin D: 0.93µg (6.18%), Vitamin B12: 0.27µg (4.54%), Vitamin B3: 0.69mg (3.48%)