



Dulce de Leche Ice Cream Pie with Mocha Fudge Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



309 kcal

DESSERT

Ingredients

- 2 pints dulce de leche (such as dulce de leche)
- 0.7 cup cookie crumbs (from 32 cookies)
- 0.3 cup plus light
- 0.5 teaspoon ground cinnamon
- 1 tablespoon espresso powder instant
- 2 tablespoons pecans chopped
- 1 tablespoon powdered sugar
- 1 cup sugar

- 2 tablespoons butter unsalted ()
- 2 ounces baker's chocolate unsweetened finely chopped
- 2 tablespoons cocoa powder unsweetened
- 1.5 teaspoons vanilla extract
- 2 tablespoons water boiling
- 0.5 cup whipping cream chilled

Equipment

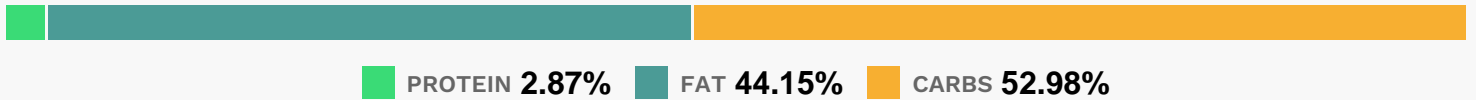
- bowl
- sauce pan
- oven
- whisk
- pastry bag
- pie form

Directions

- Preheat oven to 350°F. Blend pecans and sugar in processor until pecans are finely ground.
- Add cookie crumbs and cinnamon and process to combine.
- Add butter and blend until moist clumps form. Press crust onto bottom and up sides of 9-inch glass pie dish.
- Bake until crust is lightly toasted, about 10 minutes. Cool completely.
- Stir 2 tablespoons boiling water and coffee powder in small bowl until powder is dissolved.
- Whisk sugar and cocoa in heavy medium saucepan.
- Whisk in 1 cup cream, corn syrup, and coffee mixture.
- Add chocolate and butter. Bring to boil over high heat, stirring constantly. Reduce heat to medium and simmer until slightly thickened, stirring occasionally, about 4 minutes. Cool 30 minutes. Stir in 1 teaspoon vanilla.
- Soften 1 pint ice cream at room temperature 15 minutes.
- Spread evenly over bottom of crust.

- Drizzle 3 tablespoons sauce over ice cream. Freeze until sauce sets, about 15 minutes.
- Meanwhile, soften remaining 1 pint ice cream at room temperature 15 minutes.
- Spread evenly atop sauce.
- Drizzle with 3 tablespoons sauce. Freeze pie until frozen, at least 4 hours. (Sauce and pie can be made 1 day ahead. Cover and refrigerate sauce. Keep pie frozen.)
- Rewarm mocha fudge sauce over low heat, stirring often. Whip 1/2 cup chilled cream, powdered sugar, and remaining 1/2 teaspoon vanilla in medium bowl until peaks form.
- Transfer to pastry bag fitted with star tip. Pipe rosettes of cream around top edge of pie.
- Sprinkle with chopped pecans.
- Cut pie into wedges and serve with sauce.

Nutrition Facts



Properties

Glycemic Index:26.26, Glycemic Load:22.35, Inflammation Score:-4, Nutrition Score:5.3643478790055%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Catechin: 5.55mg, Catechin: 5.55mg, Catechin: 5.55mg, Catechin: 5.55mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 12.53mg, Epicatechin: 12.53mg, Epicatechin: 12.53mg, Epicatechin: 12.53mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 309.11kcal (15.46%), Fat: 16.18g (24.89%), Saturated Fat: 8.44g (52.78%), Carbohydrates: 43.68g (14.56%), Net Carbohydrates: 41.62g (15.14%), Sugar: 36.63g (40.7%), Cholesterol: 24.33mg (8.11%), Sodium: 43.16mg (1.88%), Alcohol: 0.26g (100%), Alcohol %: 0.17% (100%), Caffeine: 28.17mg (9.39%), Protein: 2.37g (4.74%), Manganese: 0.53mg (26.35%), Copper: 0.32mg (16.02%), Iron: 1.79mg (9.92%), Magnesium: 37.07mg (9.27%), Fiber: 2.05g (8.21%), Zinc: 1.02mg (6.77%), Vitamin A: 315.06IU (6.3%), Phosphorus: 61.44mg (6.14%), Vitamin B1: 0.07mg (4.46%), Vitamin B2: 0.07mg (4.4%), Potassium: 134.78mg (3.85%), Vitamin E: 0.49mg (3.26%), Vitamin B3: 0.62mg (3.09%), Selenium: 2.16µg (3.08%), Calcium: 26.22mg (2.62%), Folate: 10.39µg (2.6%), Vitamin K: 2.49µg (2.38%), Vitamin D: 0.29µg (1.94%), Vitamin B5: 0.1mg (1.05%), Vitamin B6: 0.02mg (1.02%)