



## Dulce de Leche Ice Cream with Samoas

READY IN



60 min.

SERVINGS



2

CALORIES



1664 kcal

DESSERT

### Ingredients

- ☐ 1 cup grands flaky refrigerator biscuits chilled finely chopped ( 8 cookies)
- ☐ 2 cups cup heavy whipping cream
- ☐ 1 cup dulce de leche homemade
- ☐ 6 egg yolk
- ☐ 0.5 teaspoon kosher salt to taste
- ☐ 1 cup milk whole

### Equipment

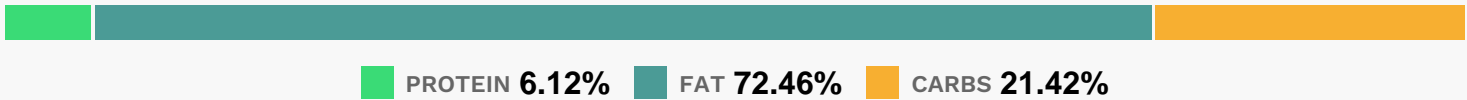
- ☐ sauce pan

- ☐ whisk
- ☐ ice cream machine

## Directions

- ☐ In a heavy medium saucepan, whisk together egg yolks and dulce de leche until well combined. Slowly whisk in cream, a little at a time, until fully incorporated, then whisk in milk.
- ☐ Cook over medium heat, whisking frequently, until a custard forms on the back of a spoon but a swiped finger leaves a clean line. Strain into an airtight container and stir in salt to taste, 1/4 teaspoon at a time.
- ☐ Chill in refrigerator overnight, or at least 6 hours, then churn in ice cream maker according to manufacturer's instructions. During last minute of churning, add chopped Samoas.
- ☐ Transfer ice cream to airtight container and let firm up in freezer at least 4 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:72, Glycemic Load:49.48, Inflammation Score:-10, Nutrition Score:33.145217605259%

## Nutrients (% of daily need)

Calories: 1664.31kcal (83.22%), Fat: 135.13g (207.88%), Saturated Fat: 71.75g (448.43%), Carbohydrates: 89.87g (29.96%), Net Carbohydrates: 88.33g (32.12%), Sugar: 38.67g (42.97%), Cholesterol: 866.78mg (288.93%), Sodium: 1135.49mg (49.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.7g (51.4%), Vitamin A: 4576.65IU (91.53%), Vitamin B2: 1.27mg (74.84%), Selenium: 47.03µg (67.19%), Phosphorus: 549.93mg (54.99%), Vitamin D: 8.07µg (53.77%), Folate: 184.18µg (46.04%), Vitamin E: 6.53mg (43.53%), Vitamin B1: 0.63mg (41.9%), Calcium: 392.54mg (39.25%), Vitamin B12: 2.09µg (34.88%), Vitamin B5: 3.03mg (30.34%), Iron: 5.24mg (29.12%), Manganese: 0.54mg (27.24%), Vitamin B6: 0.43mg (21.54%), Vitamin B3: 4.17mg (20.87%), Vitamin K: 21.37µg (20.35%), Zinc: 2.89mg (19.3%), Potassium: 572.18mg (16.35%), Magnesium: 50.58mg (12.64%), Copper: 0.18mg (8.79%), Fiber: 1.54g (6.15%), Vitamin C: 1.43mg (1.73%)