



Dulce De Leche-Mocha Ice Cream Dessert

 Popular

READY IN



405 min.

SERVINGS



16

CALORIES



498 kcal

DESSERT

Ingredients

- 1 cup brown sugar packed
- 1 cup butter
- 0.3 cup rum / brandy / coffee liqueur
- 16 oz cream sauce hot
- 10 graham crackers whole rectangular
- 4 cups whipped cream softened
- 4 cups dulce de leche softened
- 1 cup pecans chopped

- 1.5 cups whipping cream

Equipment

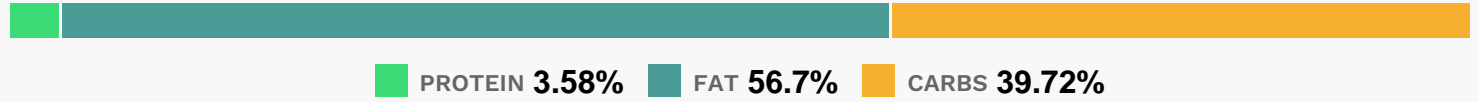
- bowl
- sauce pan
- oven
- baking pan
- ziploc bags
- spatula
- glass baking pan

Directions

- Heat oven to 350F. Arrange crackers in single layer in ungreased 15x10x1-inch baking pan. Melt butter in medium saucepan over medium-high heat. Stir in brown sugar. Bring to a boil. Boil 2 minutes.
- Remove from heat. Stir in pecans.
- Pour and spread over crackers.
- Bake 10 minutes. Cool 30 minutes or until cooled.
- Crush crackers into coarse crumbs.
- Sprinkle half of crumbs in bottom of ungreased 13x9-inch (3-quart) glass baking dish.
- Cut and remove carton from dulce de leche ice cream.
- Cut ice cream into 1/2-inch-thick slices. Arrange slices over crumbs, overlapping slightly.
- Spread ice cream with spatula until even pressing down firmly. Freeze 1 hour or until firm.
- Place hot fudge ice cream topping in resealable 1-quart plastic bag.
- Cut small hole in bottom corner of bag with topping. Squeeze bag to pipe fudge topping over ice cream. Scatter remaining half of praline crumbs over fudge layer. Freeze 30 minutes or until fudge is firm.
- Cut and remove carton from coffee ice cream.
- Cut ice cream into 1/2-inch-thick slices. Arrange slices over crumbs, spreading ice cream until smooth; press down firmly. Freeze while preparing topping.

- Beat whipping cream in large bowl until stiff peaks form. Fold in liqueur.
- Spread over top of dessert. If desired, garnish with chocolate curls. Freeze 4 hours or until firm.
- Let stand at room temperature for 20 to 30 minutes before serving time.

Nutrition Facts



Properties

Glycemic Index:14.81, Glycemic Load:9.36, Inflammation Score:-5, Nutrition Score:6.7995652349099%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Nutrients (% of daily need)

Calories: 498.41kcal (24.92%), Fat: 31.51g (48.47%), Saturated Fat: 16.36g (102.22%), Carbohydrates: 49.67g (16.56%), Net Carbohydrates: 47.69g (17.34%), Sugar: 35.44g (39.38%), Cholesterol: 70.52mg (23.51%), Sodium: 283.65mg (12.33%), Alcohol: 1.07g (100%), Alcohol %: 0.72% (100%), Protein: 4.47g (8.94%), Manganese: 0.42mg (21.17%), Vitamin A: 825.85IU (16.52%), Phosphorus: 115.59mg (11.56%), Vitamin B2: 0.18mg (10.68%), Copper: 0.2mg (9.98%), Vitamin E: 1.47mg (9.83%), Calcium: 97.36mg (9.74%), Magnesium: 34.72mg (8.68%), Fiber: 1.98g (7.91%), Zinc: 1.01mg (6.75%), Potassium: 232.49mg (6.64%), Vitamin B1: 0.09mg (6.22%), Iron: 1.05mg (5.86%), Vitamin B5: 0.37mg (3.75%), Selenium: 2.48µg (3.54%), Vitamin B12: 0.21µg (3.43%), Vitamin B6: 0.06mg (2.92%), Vitamin D: 0.42µg (2.82%), Vitamin B3: 0.56mg (2.77%), Vitamin K: 2.75µg (2.62%), Folate: 9.76µg (2.44%)