



## Eggnog Ice Cream Dessert

READY IN



295 min.

SERVINGS



16

CALORIES



204 kcal

### Ingredients

- 24 gingersnaps
- 0.5 cup pecans chopped
- 0.3 cup butter melted
- 6 cups whipped cream softened
- 1.5 teaspoons nutmeg
- 1.5 teaspoons rum extract
- 16 cashew pieces toasted

### Equipment

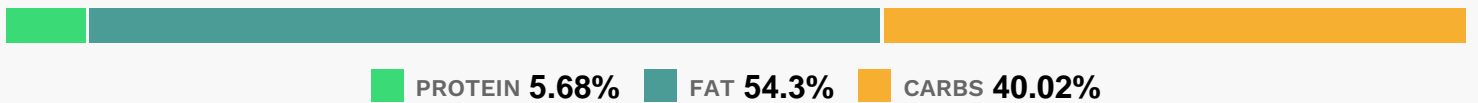
- food processor

- bowl
- frying pan
- oven
- knife
- springform pan

## Directions

- Heat oven to 350°F. In food processor bowl with metal blade, process gingersnaps and chopped pecans until mixture is finely ground.
- Add butter; process until mixed. Press mixture in bottom and 1 inch up sides of ungreased 9-inch springform pan.
- Bake at 350°F. for 8 to 10 minutes or until edges are lightly browned. Cool 30 minutes or until completely cooled.
- In large bowl, combine softened ice cream, nutmeg and rum extract; stir until blended.
- Spread evenly in crust-lined pan.
- Place pecan halves around top edge of torte. Cover dessert; freeze at least 4 hours or up to 2 weeks.
- To serve, let dessert stand at room temperature for 15 minutes. Run knife around edge of dessert; remove sides of pan.
- Cut into wedges to serve.

## Nutrition Facts



## Properties

Glycemic Index:13.51, Glycemic Load:7.07, Inflammation Score:-3, Nutrition Score:4.5565217616765%

## Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-

gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

## **Nutrients (% of daily need)**

Calories: 204.39kcal (10.22%), Fat: 12.53g (19.28%), Saturated Fat: 5.82g (36.36%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 19.78g (7.19%), Sugar: 12.86g (14.29%), Cholesterol: 29.41mg (9.8%), Sodium: 120.89mg (5.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.89%), Manganese: 0.35mg (17.54%), Vitamin B2: 0.16mg (9.19%), Phosphorus: 80.27mg (8.03%), Calcium: 75.58mg (7.56%), Vitamin A: 299.34IU (5.99%), Copper: 0.12mg (5.96%), Magnesium: 20.99mg (5.25%), Iron: 0.91mg (5.05%), Vitamin B1: 0.07mg (4.73%), Potassium: 160.21mg (4.58%), Zinc: 0.65mg (4.32%), Fiber: 0.99g (3.97%), Vitamin B5: 0.37mg (3.74%), Vitamin B12: 0.2µg (3.32%), Folate: 12.98µg (3.25%), Selenium: 1.89µg (2.7%), Vitamin E: 0.39mg (2.63%), Vitamin B6: 0.05mg (2.39%), Vitamin B3: 0.46mg (2.29%), Vitamin K: 1.29µg (1.23%)