



Five-Minute Vanilla Ice Cream Pie with Warm Berry Compote

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



636 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons almonds toasted chopped
- ☐ 12 ounce blackberries
- ☐ 12 ounce blueberries
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup chocolate syrup (in squirt bottle)
- ☐ 1 9-inch graham cracker crust ()
- ☐ 12 ounce raspberries

- ☐ 1 quart whipped cream softened
- ☐ 2 tablespoons water

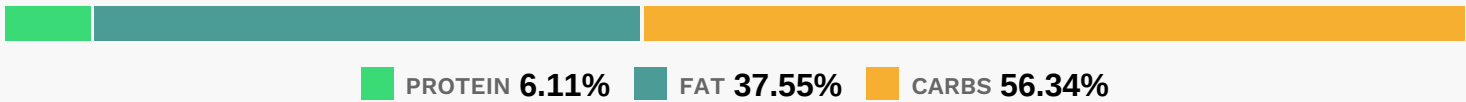
Equipment

- ☐ sauce pan
- ☐ knife

Directions

- ☐ Spoon ice cream into crust; smooth top. Squeeze chocolate sauce in straight lines over pie, spacing 1/2 inch apart. Draw tip of knife through chocolate lines, forming chevron pattern.
- ☐ Sprinkle with almonds; freeze until firm. DO AHEAD Can be made 1 day ahead; keep frozen.
- ☐ Let pie soften slightly before serving.
- ☐ Just before serving, bring all berries, 2 tablespoons water, and brown sugar to simmer in medium saucepan over medium-high heat. Cook until sauce thickens, stirring gently, about 4 minutes; remove from heat.
- ☐ Cut pie into wedges; place on plates. Spoon warm sauce over.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:26.21, Inflammation Score:-8, Nutrition Score:20.658695594124%

Flavonoids

Cyanidin: 87.5mg, Cyanidin: 87.5mg, Cyanidin: 87.5mg, Cyanidin: 87.5mg Petunidin: 18.05mg, Petunidin: 18.05mg, Petunidin: 18.05mg, Petunidin: 18.05mg Delphinidin: 20.84mg, Delphinidin: 20.84mg, Delphinidin: 20.84mg, Delphinidin: 20.84mg Malvidin: 38.4mg, Malvidin: 38.4mg, Malvidin: 38.4mg, Malvidin: 38.4mg Pelargonidin: 0.81mg, Pelargonidin: 0.81mg, Pelargonidin: 0.81mg, Pelargonidin: 0.81mg Peonidin: 11.69mg, Peonidin: 11.69mg, Peonidin: 11.69mg, Peonidin: 11.69mg Catechin: 24.8mg, Catechin: 24.8mg, Catechin: 24.8mg, Catechin: 24.8mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 5.01mg, Epicatechin: 5.01mg, Epicatechin: 5.01mg, Epicatechin: 5.01mg Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Luteolin: 0.11mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg
Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 1.12mg, Myricetin: 1.12mg,
Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg, Quercetin: 6.99mg
Galocatechin: 0.07mg, Galocatechin: 0.07mg, Galocatechin: 0.07mg, Galocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 635.62kcal (31.78%), Fat: 27.06g (41.63%), Saturated Fat: 12.37g (77.34%), Carbohydrates: 91.35g (30.45%), Net Carbohydrates: 80.81g (29.39%), Sugar: 61.79g (68.65%), Cholesterol: 69.4mg (23.13%), Sodium: 274.73mg (11.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.91g (19.83%), Manganese: 1.46mg (72.82%), Fiber: 10.54g (42.17%), Vitamin C: 33.24mg (40.29%), Vitamin B2: 0.54mg (32.04%), Vitamin K: 33.33µg (31.74%), Phosphorus: 272.18mg (27.22%), Calcium: 258.89mg (25.89%), Vitamin E: 3.33mg (22.23%), Copper: 0.4mg (19.94%), Magnesium: 76.06mg (19.01%), Potassium: 634.1mg (18.12%), Vitamin A: 835.01IU (16.7%), Zinc: 2.3mg (15.33%), Folate: 57.63µg (14.41%), Vitamin B5: 1.4mg (14.03%), Iron: 2.28mg (12.69%), Vitamin B1: 0.18mg (11.71%), Vitamin B3: 2.22mg (11.08%), Vitamin B12: 0.62µg (10.25%), Vitamin B6: 0.18mg (9.11%), Selenium: 4.39µg (6.27%), Vitamin D: 0.32µg (2.1%)