



Frosty Latte Dessert

READY IN



305 min.

SERVINGS



9

CALORIES



438 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups whipping cream (heavy)
- ☐ 0.3 cup rum / brandy / coffee liqueur
- ☐ 0.5 cup chocolate syrup
- ☐ 0.5 cup butter firm ()
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup nuts finely chopped

Equipment

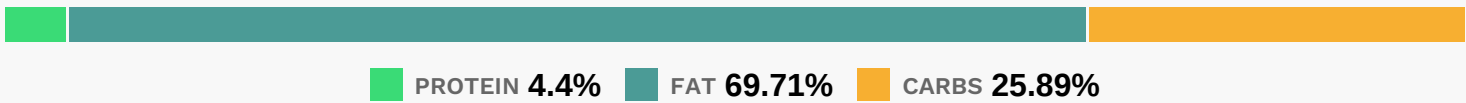
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ hand mixer

Directions

- ☐ Place whipping cream, liqueur and syrup in large bowl; refrigerate.
- ☐ Heat oven to 350°F.
- ☐ Cut butter into flour in medium bowl, using pastry blender or crisscrossing 2 knives, until evenly mixed. Stir in nuts. Press evenly in bottom of ungreased square pan, 9x9x2 inches.
- ☐ Bake about 15 minutes or until light brown. Cool completely, about 30 minutes.
- ☐ Beat whipping cream mixture with electric mixer on high speed until stiff; spread over crust. Cover and freeze at least 4 hours until firm. For serving pieces, cut into 3 rows by 3 rows; serve immediately. Store covered in freezer.

Nutrition Facts



Properties

Glycemic Index:11.63, Glycemic Load:8.06, Inflammation Score:-7, Nutrition Score:7.0960869218992%

Nutrients (% of daily need)

Calories: 437.56kcal (21.88%), Fat: 33.7g (51.85%), Saturated Fat: 14.94g (93.36%), Carbohydrates: 28.16g (9.39%), Net Carbohydrates: 26.63g (9.68%), Sugar: 12.92g (14.36%), Cholesterol: 59.76mg (19.92%), Sodium: 146.96mg (6.39%), Alcohol: 1.42g (100%), Alcohol %: 1.63% (100%), Protein: 4.79g (9.58%), Vitamin A: 1229.77IU (24.6%), Manganese: 0.31mg (15.69%), Vitamin B2: 0.2mg (11.59%), Copper: 0.21mg (10.67%), Phosphorus: 104.88mg (10.49%), Selenium: 6.53µg (9.33%), Vitamin B1: 0.14mg (9.22%), Magnesium: 35.97mg (8.99%), Folate: 31.99µg (8%), Iron: 1.35mg (7.47%), Vitamin B3: 1.29mg (6.43%), Fiber: 1.53g (6.11%), Vitamin E: 0.89mg (5.93%), Vitamin D: 0.85µg (5.64%), Calcium: 48.71mg (4.87%), Potassium: 155.5mg (4.44%), Zinc: 0.65mg (4.33%), Vitamin B5: 0.3mg (3.05%), Vitamin B6: 0.05mg (2.52%), Vitamin K: 1.82µg (1.73%), Vitamin B12: 0.1µg (1.62%)