



Frozen Cardamom Bombe with Watermelon-Cantaloupe Center

READY IN



45 min.

SERVINGS



12

CALORIES



199 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon almond extract
- 0.5 teaspoon baking soda
- 1 large eggs
- 0.5 cup flour all-purpose
- 0.3 teaspoon ground cardamom
- 0.5 teaspoon ground cinnamon
- 0.3 cup milk 2% reduced-fat
- 3 cups vanilla ice cream low-fat softened

- 0.1 teaspoon salt
- 3 cups raspberry sorbet
- 1 tablespoon stick margarine melted
- 0.3 cup strawberry jam (such as St. Dalfour)
- 0.3 cup sugar
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- blender
- plastic wrap
- cake form
- wax paper
- measuring cup

Directions

- To prepare ice cream, combine first 4 ingredients in a bowl; freeze until firm.
- Preheat oven to 35
- To prepare cake, coat bottom of an 8-inch round cake pan with cooking spray; line bottom with wax paper. Coat wax paper with cooking spray.
- Combine the sugar and egg in a medium bowl; beat with a mixer at medium speed for 1 minute or until well-blended. Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, soda, and salt; stir well with a whisk.
- Add flour mixture to sugar mixture; stir well. Stir in milk, butter, and vanilla.

- Pour into prepared pan.
- Bake at 350 for 15 minutes or until a wooden pick inserted in center comes out clean. Cool in pan for 10 minutes on a wire rack, and remove from pan. Cool cake completely on wire rack.
- Spread the apricot spread over bottom of cake layer, and set aside.
- Line a 6-cup glass bowl with heavy-duty plastic wrap, allowing wrap to extend over edge of bowl; place in freezer 10 minutes. Press ice cream into bottom and up sides of bowl; freeze for 30 minutes or until firm. Spoon Watermelon-Cantaloupe Sorbet into center of bowl, pressing firmly. Press cake layer firmly onto top of ice cream, apricot spread side down. Cover and freeze until firm.
- Dip bowl into hot water for a few seconds.
- Place a plate upside down on top of bowl; invert bombe onto plate.
- Remove plastic wrap, and cut into wedges.

Nutrition Facts



Properties

Glycemic Index:20.51, Glycemic Load:13.39, Inflammation Score:-2, Nutrition Score:3.2439130784377%

Nutrients (% of daily need)

Calories: 198.95kcal (9.95%), Fat: 3.61g (5.55%), Saturated Fat: 1.52g (9.51%), Carbohydrates: 37.11g (12.37%), Net Carbohydrates: 35.94g (13.07%), Sugar: 25.61g (28.45%), Cholesterol: 26.15mg (8.72%), Sodium: 148.08mg (6.44%), Alcohol: 0.17g (100%), Alcohol %: 0.2% (100%), Protein: 3.88g (7.75%), Vitamin B2: 0.16mg (9.31%), Calcium: 73.1mg (7.31%), Phosphorus: 59.33mg (5.93%), Selenium: 4.11µg (5.87%), Vitamin A: 242.08IU (4.84%), Fiber: 1.18g (4.71%), Vitamin B1: 0.07mg (4.4%), Vitamin B12: 0.24µg (4.05%), Folate: 14.81µg (3.7%), Manganese: 0.07mg (3.49%), Potassium: 104.9mg (3%), Vitamin B5: 0.29mg (2.9%), Zinc: 0.4mg (2.68%), Iron: 0.44mg (2.44%), Magnesium: 8.03mg (2.01%), Vitamin B3: 0.37mg (1.87%), Vitamin B6: 0.03mg (1.51%), Vitamin C: 1.1mg (1.34%), Copper: 0.03mg (1.28%)