



Hazelnut Buttercrunch Pie

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



497 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 4 cups ice-cream chocolate shell softened
- ☐ 1 cup graham cracker crumbs
- ☐ 1 cup hazelnuts
- ☐ 1 cup sugar
- ☐ 2 cups whipped cream softened

Equipment

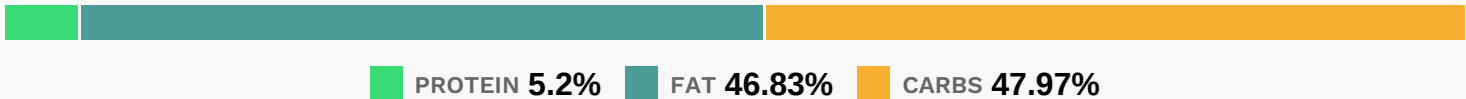
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ wooden spoon
- ☐ aluminum foil
- ☐ kitchen towels
- ☐ colander

Directions

- ☐ Place hazelnuts in a single layer on an ungreased baking sheet.
- ☐ Bake at 350 for 15 minutes or until skins begin to split.
- ☐ Place hazelnuts in a colander. Rub hazelnuts briskly with a kitchen towel to remove skins; discard skins. Finely chop hazelnuts.
- ☐ Combine 1/2 cup chopped hazelnuts, graham cracker crumbs, and butter; stir well. Firmly press mixture evenly in bottom and up sides of a buttered 9" pieplate.
- ☐ Bake at 375 for 7 minutes or until lightly browned. Cool completely on a wire rack.
- ☐ Spoon softened vanilla ice cream into cooled crust. Cover and freeze until almost firm.
- ☐ Place sugar in a large heavy skillet. Cook over medium heat, stirring constantly with a wooden spoon, until sugar melts and turns golden (about 20 minutes).
- ☐ Add remaining 1/2 cup chopped hazelnuts to melted sugar, stirring well. Working rapidly, pour mixture into a 15" x 10" x 1" jellyroll pan lined with aluminum foil; spread in a thin layer. Cool completely. Coarsely break hazelnut praline candy into pieces.
- ☐ Reserve 1 cup praline candy pieces for garnish. Crush remaining candy pieces. Fold crushed candy into softened chocolate ice cream.
- ☐ Spread chocolate ice cream mixture over vanilla ice cream layer. Cover and freeze at least 8 hours or until firm.
- ☐ Top each serving with reserved praline candy pieces and, if desired, a splash of Frangelico.

Nutrition Facts



Properties

Glycemic Index:33.76, Glycemic Load:36.79, Inflammation Score:-6, Nutrition Score:11.015652205633%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg 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: 496.84kcal (24.84%), Fat: 26.85g (41.31%), Saturated Fat: 8.75g (54.66%), Carbohydrates: 61.87g (20.62%), Net Carbohydrates: 59.03g (21.47%), Sugar: 51.78g (57.53%), Cholesterol: 36.96mg (12.32%), Sodium: 212.9mg (9.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.71g (13.42%), Manganese: 1.02mg (51.11%), Vitamin E: 2.77mg (18.45%), Copper: 0.36mg (17.98%), Phosphorus: 171.61mg (17.16%), Vitamin B2: 0.26mg (15.1%), Calcium: 141.95mg (14.2%), Magnesium: 54.62mg (13.65%), Vitamin A: 670.23IU (13.4%), Fiber: 2.84g (11.34%), Vitamin B1: 0.16mg (10.82%), Potassium: 354.07mg (10.12%), Iron: 1.79mg (9.97%), Folate: 34.06µg (8.52%), Zinc: 1.18mg (7.89%), Vitamin B6: 0.15mg (7.39%), Vitamin B5: 0.7mg (7.01%), Vitamin B12: 0.33µg (5.45%), Vitamin B3: 0.86mg (4.28%), Selenium: 2.75µg (3.93%), Vitamin K: 2.43µg (2.31%), Vitamin C: 1.62mg (1.96%), Vitamin D: 0.2µg (1.32%)