



Honey-Caramel Ice Cream Sundaes with Apples

 Gluten Free

READY IN



35 min.

SERVINGS



8

CALORIES



304 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter
- ☐ 3 tablespoons brown sugar packed ()
- ☐ 0.5 teaspoon ground allspice
- ☐ 1 teaspoon ground cardamom
- ☐ 0.3 teaspoon ground cloves
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 2 tablespoons honey

- ☐ 3 large delicious apples cored peeled cut into 8 wedges
- ☐ 1 teaspoon vanilla extract
- ☐ 8 servings whipped cream

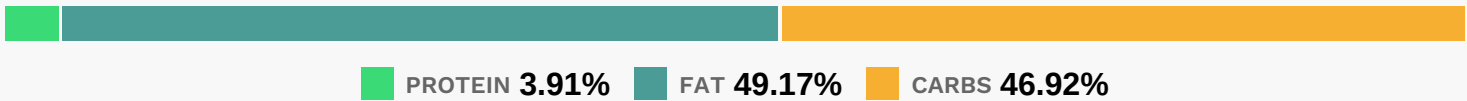
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Stir sugar, cream, butter, honey, and 3 tablespoons water in heavy medium saucepan over low heat until sugar dissolves. Increase heat; bring syrup to boil.
- ☐ Add spices, pinch of salt, and pinch of black pepper, shaking pan to blend. Boil without stirring until sauce coats spoon, about 3 minutes.
- ☐ Remove from heat; stir in vanilla. DO AHEAD: Can be made 1 week ahead. Cool, cover, and chill. Rewarm before using.
- ☐ Melt butter in large skillet over medium-high heat.
- ☐ Add apples; sprinkle with sugar. Sauté apples until tender and brown in spots, about 12 minutes.
- ☐ Scoop ice cream into dishes. Top with sauce, apples, and pecans, if using.

Nutrition Facts



Properties

Glycemic Index:26.91, Glycemic Load:14.54, Inflammation Score:-5, Nutrition Score:5.1734782586927%

Flavonoids

Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg, Cyanidin: 1.31mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 6.3mg, Epicatechin: 6.3mg, Epicatechin: 6.3mg, Epicatechin: 6.3mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate:

0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg, Quercetin: 3.35mg

Nutrients (% of daily need)

Calories: 304.1kcal (15.2%), Fat: 17.07g (26.26%), Saturated Fat: 10.63g (66.45%), Carbohydrates: 36.65g (12.22%), Net Carbohydrates: 34.05g (12.38%), Sugar: 31.87g (35.41%), Cholesterol: 57.14mg (19.05%), Sodium: 93.24mg (4.05%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 3.05g (6.11%), Vitamin A: 673.65IU (13.47%), Vitamin B2: 0.21mg (12.53%), Calcium: 106.86mg (10.69%), Fiber: 2.6g (10.39%), Phosphorus: 89.46mg (8.95%), Manganese: 0.15mg (7.71%), Potassium: 250.4mg (7.15%), Vitamin C: 4.46mg (5.41%), Vitamin B5: 0.49mg (4.88%), Vitamin B12: 0.29µg (4.84%), Vitamin E: 0.61mg (4.08%), Magnesium: 16.04mg (4.01%), Vitamin B6: 0.08mg (3.78%), Zinc: 0.56mg (3.76%), Vitamin B1: 0.05mg (3.02%), Vitamin K: 2.97µg (2.83%), Selenium: 1.79µg (2.56%), Vitamin D: 0.37µg (2.47%), Copper: 0.05mg (2.28%), Folate: 6.77µg (1.69%), Iron: 0.28mg (1.56%)