



Ice Cream

READY IN

ready

30 min.

SERVINGS

servings

8

CALORIES

calories

1821 kcal

DESSERT

Ingredients

- ☐ 4 tablespoons butter
- ☐ 1 pound chocolate sandwich cookies
- ☐ 0.8 cup heavy cream
- ☐ 1 pound chocolate candies (recommended: M&M's)
- ☐ 1 pound chocolate peanut butter candies (recommended: Reese's Pieces)
- ☐ 0.8 cup sugar
- ☐ 1 pound toffee bar (recommended: heath bars)
- ☐ 0.5 gallon whipped cream
- ☐ 0.3 cup water

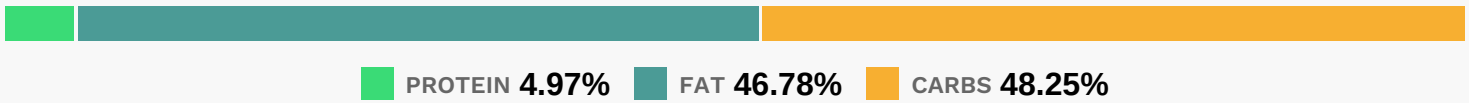
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ ice cream scoop
- ☐ oven mitt

Directions

- ☐ Grind the cookies, toffee bars, chocolate candies, and chocolate peanut butter candies separately (not too fine) in a food processor and spread them out onto 4 plates. Line a baking sheet with parchment paper or waxed paper. Using a large ice cream scoop, scoop out a big, round "boulder" of ice cream and use 2 forks to roll it in one or more of the ground toppings to cover. Carefully transfer the "boulder", with the forks, to the prepared baking sheet. Continue to make as many "boulders" as you can. Cover the baking sheet with plastic and put it in the freezer while you make the sauce.
- ☐ Combine the sugar and the water in a heavy bottomed saucepan over medium heat. Give it a stir. Bring to a boil, reduce the heat and let it simmer, without stirring, until the syrup cooks down to a caramel, 10 to 15 minutes. As the sugar caramelizes, you can swirl the pan for even color.
- ☐ Remove from the heat. Carefully add the butter (the sugar will bubble like crazy). Then, wearing an oven mitt to protect your hand, stir.
- ☐ Add the cream and stir until smooth.
- ☐ Serve the "boulders" with the caramel sauce.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:62.92, Inflammation Score:-8, Nutrition Score:24.628261161887%

Nutrients (% of daily need)

Calories: 1820.82kcal (91.04%), Fat: 96.41g (148.33%), Saturated Fat: 54.73g (342.06%), Carbohydrates: 223.75g (74.58%), Net Carbohydrates: 215.9g (78.51%), Sugar: 192.51g (213.9%), Cholesterol: 165.91mg (55.3%), Sodium: 807.29mg (35.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.05g (46.09%), Vitamin B2: 0.88mg (51.49%), Manganese: 1.03mg (51.4%), Iron: 8.08mg (44.9%), Calcium: 439.28mg (43.93%), Phosphorus: 433.14mg (43.31%), Vitamin A: 1627.1IU (32.54%), Fiber: 7.85g (31.41%), Magnesium: 111.44mg (27.86%), Vitamin B3: 5.2mg (26.01%), Copper: 0.48mg (24.06%), Potassium: 830.29mg (23.72%), Vitamin B1: 0.32mg (21.04%), Vitamin E: 3.04mg (20.26%), Vitamin K: 20.79µg (19.8%), Folate: 78.7µg (19.68%), Vitamin B5: 1.96mg (19.55%), Zinc: 2.77mg (18.44%), Vitamin B12: 1.03µg (17.21%), Selenium: 8.51µg (12.16%), Vitamin B6: 0.2mg (9.85%), Vitamin D: 0.83µg (5.53%), Vitamin C: 1.89mg (2.3%)