

Ice cream bombe



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



486 kcal

DESSERT

Ingredients

- ☐ 8 servings unrefined sunflower oil for greasing
- ☐ 500 ml whipped cream
- ☐ 140 g pudding leftover
- ☐ 1 tsp spice mixed
- ☐ 6 tbsp rum dark
- ☐ 100 g raisins
- ☐ 300 g toffee candies

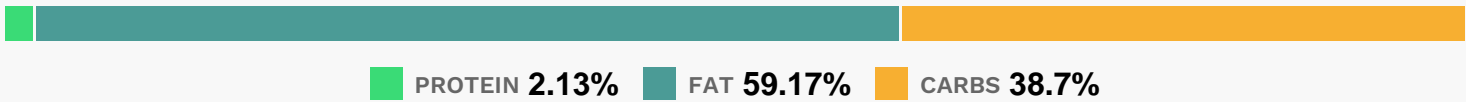
Equipment

- ☐ food processor
- ☐ bowl
- ☐ immersion blender

Directions

- ☐ Brush a pudding basin with a little sunflower oil, then line with cling film. Spoon the ice cream into a food processor (or a bowl if you have a handheld blender). Crumble in the cake or pudding, add the mixed spice and 4 tbsp of the rum, and whizz together until nearly smooth. Stir in the raisins.
- ☐ Scrape the ice cream mixture into the basin and smooth the top. Cover with cling film and freeze overnight until solid.
- ☐ Take the pudding basin out of the freezer 15 mins before serving. Turn the pudding out onto a serving plate and peel off the cling film.
- ☐ Mix the caramel sauce and remaining 2 tbsp rum together and warm gently, if you like (its still lovely cold).
- ☐ Serve with the Ice cream bombe.

Nutrition Facts



Properties

Glycemic Index:23.23, Glycemic Load:22.52, Inflammation Score:-4, Nutrition Score:5.2073912309564%

Nutrients (% of daily need)

Calories: 485.88kcal (24.29%), Fat: 30.6g (47.08%), Saturated Fat: 11.64g (72.74%), Carbohydrates: 45.04g (15.01%), Net Carbohydrates: 43.66g (15.88%), Sugar: 33.26g (36.96%), Cholesterol: 54.34mg (18.11%), Sodium: 83.14mg (3.61%), Alcohol: 3.76g (100%), Alcohol %: 3.72% (100%), Protein: 2.48g (4.95%), Vitamin E: 6.21mg (41.42%), Vitamin A: 579.46IU (11.59%), Vitamin B2: 0.17mg (9.97%), Calcium: 83.59mg (8.36%), Phosphorus: 58.73mg (5.87%), Potassium: 193.53mg (5.53%), Fiber: 1.38g (5.5%), Manganese: 0.08mg (3.93%), Vitamin B12: 0.2µg (3.39%), Magnesium: 10.47mg (2.62%), Vitamin B5: 0.26mg (2.58%), Copper: 0.05mg (2.52%), Iron: 0.42mg (2.33%), Vitamin B6: 0.04mg (2.24%), Vitamin B1: 0.03mg (2.15%), Zinc: 0.32mg (2.12%), Vitamin K: 1.98µg (1.89%), Selenium: 1.03µg (1.47%), Vitamin D: 0.2µg (1.34%), Vitamin C: 1.02mg (1.23%)