



Irish Coffee Sundaes with Caramel Whiskey Sauce

 **Gluten Free**  **Popular**

READY IN



300 min.

SERVINGS



8

CALORIES



504 kcal

DESSERT

Ingredients

- 1 large egg whites
- 1 cup granulated sugar
- 0.3 cup cup heavy whipping cream
- 2 pints whipped cream
- 0.5 teaspoon coffee instant crushed
- 0.3 cup brown sugar light packed
- 0.3 teaspoon salt

- 3.5 ounces walnut pieces coarsely chopped
- 0.3 cup water
- 6 Tablespoons irish whiskey

Equipment

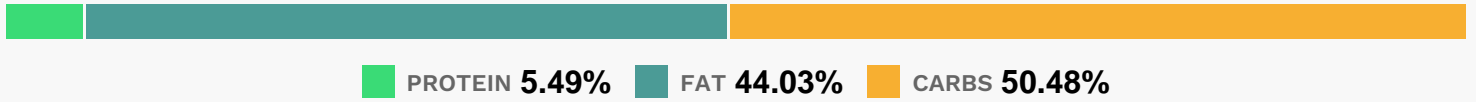
- bowl
- frying pan
- sauce pan
- oven
- whisk
- aluminum foil
- spatula

Directions

- Preheat oven to 325°F with rack in middle. Line a rimmed sheet pan with a nonstick baking liner, or line it with foil and lightly oil foil.
- Whisk egg white with sugar, coffee powder, and a pinch of salt in a bowl until blended. Stir in walnuts until coated.
- Spread mixture into a 10– by 8–inch rectangle in pan.
- Bake until crisp is dry to the touch, 20 to 25 minutes.
- Transfer pan to a rack to cool completely.
- Loosen crisp with a metal spatula and break into small pieces.
- Bring sugar and water to a boil in a 2–quart heavy saucepan over medium–high heat, stirring until sugar is dissolved. Boil without stirring, but washing down any sugar crystals with a brush dipped in cold water, until syrup begins to turn golden, about 5 minutes. Continue to boil, swirling pan occasionally, until syrup is a deep golden caramel.
- Remove pan from heat and carefully add whiskey, cream, and salt (mixture will bubble up and steam and caramel will harden).
- Return pan to heat and simmer, stirring, until caramel is dissolved and sauce is smooth. Cool to warm.

- Serve sauce over scoops of coffee ice cream then sprinkle with walnut crisp.
- Crisp can be made 4 days ahead and kept in an airtight container at room temperature. (Watch out, though; it's so delicious, you will be hard—pressed to resist devouring all of it before your guests arrive!)•Sauce can be made 4 days ahead and chilled, covered. Re-warm to serve. Any leftover sauce will keep, chilled, at least 1 week.

Nutrition Facts



Properties

Glycemic Index:20.76, Glycemic Load:34.15, Inflammation Score:-5, Nutrition Score:8.0613043049107%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg

Nutrients (% of daily need)

Calories: 504.14kcal (25.21%), Fat: 23.87g (36.73%), Saturated Fat: 10.5g (65.65%), Carbohydrates: 61.56g (20.52%), Net Carbohydrates: 59.9g (21.78%), Sugar: 57.28g (63.64%), Cholesterol: 60.45mg (20.15%), Sodium: 178.98mg (7.78%), Alcohol: 4.05g (100%), Alcohol %: 2.66% (100%), Protein: 6.7g (13.4%), Manganese: 0.44mg (22.05%), Vitamin B2: 0.34mg (19.97%), Calcium: 175.08mg (17.51%), Phosphorus: 172.86mg (17.29%), Vitamin A: 609.83IU (12.2%), Copper: 0.23mg (11.7%), Magnesium: 38.03mg (9.51%), Potassium: 315.88mg (9.03%), Zinc: 1.23mg (8.18%), Vitamin B12: 0.48µg (7.95%), Vitamin B5: 0.79mg (7.94%), Fiber: 1.66g (6.64%), Vitamin B6: 0.13mg (6.45%), Vitamin B1: 0.09mg (6.22%), Selenium: 4.03µg (5.75%), Folate: 18.6µg (4.65%), Vitamin E: 0.51mg (3.4%), Iron: 0.55mg (3.03%), Vitamin D: 0.36µg (2.37%), Vitamin B3: 0.32mg (1.58%), Vitamin C: 0.92mg (1.11%)