



Irish Cream Dream

 Vegetarian

READY IN

ready

375 min.

SERVINGS

servings

4

CALORIES

calories

859 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 20 gingersnap cookies
- ☐ 1 cup heavy cream
- ☐ 2 tablespoons espresso powder instant
- ☐ 0.5 cup baileys irish cream recommended: Baileys Irish Cream
- ☐ 1 tablespoon sugar
- ☐ 14 ounce condensed milk sweetened canned

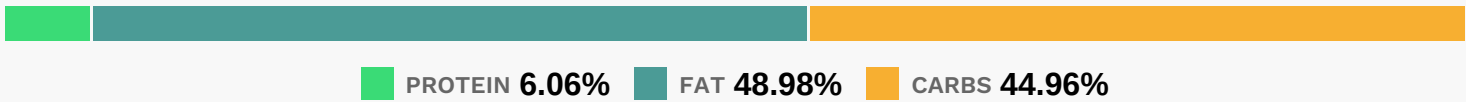
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ ramekin

Directions

- ☐ Watch how to make this recipe.
- ☐ Line the ramekins with plastic wrap creating a shell and leaving long flaps to cover the ramekins later. In a food processor, pulse gingersnap cookies with melted butter until small crumbs form for the crust. Press half the cookie crumb mixture, dividing evenly, firmly into the bottom of each ramekin. Reserve the other half of the crumb mixture for the topping.
- ☐ In a large bowl, whisk heavy cream with sugar until soft peaks form. In a separate large bowl, add the espresso powder and condensed milk and blend until espresso powder is dissolved.
- ☐ Whisk in Irish cream then fold in whipped cream.
- ☐ Pour evenly into the ramekins. Top with remaining gingersnap crumbs and cover with the extra plastic wrap, pressing to compact mixture. Freeze until set, about 5 hours. To serve, remove plastic wrap from top and then gently turn ramekins over to release dessert onto a serving plate. Gently remove plastic wrap.

Nutrition Facts



Properties

Glycemic Index:45.27, Glycemic Load:35.02, Inflammation Score:-7, Nutrition Score:14.607391419618%

Nutrients (% of daily need)

Calories: 858.53kcal (42.93%), Fat: 45.91g (70.64%), Saturated Fat: 27.75g (173.45%), Carbohydrates: 94.84g (31.61%), Net Carbohydrates: 94.07g (34.21%), Sugar: 71.58g (79.53%), Cholesterol: 123.56mg (41.19%), Sodium: 404.82mg (17.6%), Alcohol: 3.98g (100%), Alcohol %: 2.11% (100%), Caffeine: 78.5mg (26.17%), Protein: 12.78g (25.56%), Vitamin B2: 0.63mg (37.25%), Calcium: 354.09mg (35.41%), Phosphorus: 324.69mg (32.47%), Manganese: 0.59mg (29.69%), Vitamin A: 1402.67IU (28.05%), Selenium: 18.69µg (26.7%), Potassium: 636.82mg (18.19%), Iron: 2.6mg (14.45%), Magnesium: 55.5mg (13.87%), Vitamin B1: 0.17mg (11.46%), Folate: 44.06µg (11.01%), Vitamin B3: 2.09mg (10.45%), Vitamin B5: 1.04mg (10.43%), Vitamin B12: 0.55µg (9.16%), Vitamin E: 1.29mg (8.6%), Zinc: 1.29mg (8.58%), Vitamin D: 1.15µg (7.67%), Copper: 0.13mg (6.59%), Vitamin B6: 0.11mg (5.34%), Vitamin K:

4.16μg (3.96%), Vitamin C: 2.94mg (3.56%), Fiber: 0.77g (3.08%)