



Lalla Rookh

 Vegetarian  Gluten Free

READY IN



155 min.

SERVINGS



8

CALORIES



122 kcal

SIDE DISH

Ingredients

- 0.5 cup apples
- 1 tablespoon granulated sugar
- 1 cup cup heavy whipping cream cold
- 8 servings nutmeg freshly grated for serving
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- whisk

- stand mixer
- spatula
- melon baller

Directions

- Place the ice cream in the refrigerator until slightly softened, about 30 minutes.
- Place the softened ice cream in a large bowl and, using a rubber spatula, stir until it has a smooth consistency and no frozen chunks remain. Divide the ice cream among 8 small (1/2-cup) shallow bowls and smooth the tops with the back of a spoon. Freeze until the ice cream is semisolid, about 30 minutes. Using a melon baller or small spoon, scoop about 2 tablespoons of ice cream from the center of each bowl to create a deep trough. Reserve the scooped-out ice cream for another use. Return the sundaes to the freezer to chill completely, at least 2 hours or overnight. When ready to serve, remove the sundaes from the freezer and let soften at room temperature for 10 minutes. Meanwhile, chill the clean bowl of a stand mixer and the whisk attachment in the freezer for 10 minutes.
- Add the cream, sugar, and vanilla to the chilled bowl and whisk on medium speed until medium peaks form, about 2 minutes; set aside. (Alternatively, you can use a hand whisk and a large chilled bowl.
- Whisk the cream, sugar, and vanilla until medium peaks form, about 2 to 3 minutes.) Slowly pour 1 tablespoon of the Calvados into each trough, filling it just up to the top (do not let it spill over). Top each bowl with a dollop of whipped cream and some nutmeg.
- Serve immediately.

Nutrition Facts

PROTEIN 3.14% **FAT 82.67%** **CARBS 14.19%**

Properties

Glycemic Index:21.51, Glycemic Load:1.73, Inflammation Score:-3, Nutrition Score:1.7634782648605%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg,

Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg
Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.31mg, Quercetin:
0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 122.21kcal (6.11%), Fat: 11.48g (17.67%), Saturated Fat: 7.36g (46.02%), Carbohydrates: 4.43g (1.48%), Net
Carbohydrates: 3.83g (1.39%), Sugar: 3.78g (4.2%), Cholesterol: 33.62mg (11.21%), Sodium: 8.47mg (0.37%), Alcohol:
0.09g (100%), Alcohol %: 0.26% (100%), Protein: 0.98g (1.96%), Vitamin A: 443.58IU (8.87%), Vitamin B2: 0.06mg
(3.51%), Vitamin D: 0.48µg (3.17%), Manganese: 0.06mg (3.08%), Fiber: 0.6g (2.41%), Calcium: 23.83mg (2.38%),
Phosphorus: 22.39mg (2.24%), Vitamin E: 0.29mg (1.92%), Magnesium: 6.16mg (1.54%), Selenium: 0.93µg (1.33%),
Copper: 0.03mg (1.31%), Potassium: 44.02mg (1.26%), Vitamin K: 1.12µg (1.07%)