



WHATSheATE



Lime Ice Cream Torte Topped with Berry Sorbets

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



646 kcal

DESSERT

Ingredients

- ☐ 4 cups berries mixed fresh (such as blackberries, raspberries, and blueberries; 20 ounces)
- ☐ 3 pints blackberries assorted (such as strawberry, raspberry, and blackberry)
- ☐ 12 ounce blackberries frozen
- ☐ 0.3 cup t brown sugar dark packed ()
- ☐ 1.3 cups hazelnuts hot toasted
- ☐ 0.7 cup juice of lime fresh
- ☐ 3 tablespoons lime zest finely grated

- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon nigella seeds crushed finely
- ☐ 0.3 cup sugar
- ☐ 5.3 ounce sugar
- ☐ 7 tablespoons butter unsalted hot melted
- ☐ 1.5 teaspoons vanilla extract
- ☐ 2 quarts whipped cream softened
- ☐ 0.3 cup water

Equipment

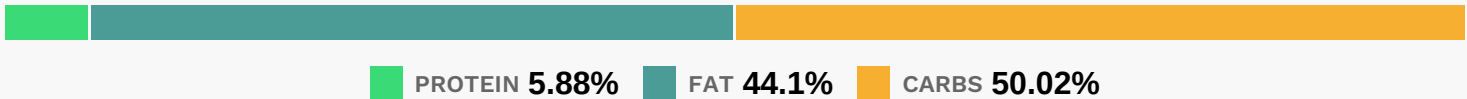
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ measuring spoon

Directions

- ☐ Preheat oven to 375°F. Finely grind cookies, brown sugar, and salt in processor.
- ☐ Add hot butter and vanilla; blend until moist crumbs form.
- ☐ Add hot nuts; blend just until finely chopped. Press crust onto bottom and up sides of 9-inch-diameter springform pan with 2 3/4-inch-high sides to within 1/4 inch of top edge. Freeze crust 15 minutes.
- ☐ Bake until golden, about 15 minutes. Freeze 30 minutes.
- ☐ Stir lime juice, sugar, and lime peel in large bowl until sugar dissolves.
- ☐ Pour 1/3 cup lime syrup into small bowl; mix in cardamom. Cover; chill to use later.
- ☐ Mix ice cream into remaining lime syrup in large bowl. Spoon all but 2 1/2 cups ice cream into crust; smooth top. Freeze torte and remaining ice cream until firm, about 2 hours.

- ☐ Top torte with large scoops of icecream, spacing apart and dipping ice creamscoop into hot water between scoops. Topwith large scoops of sorbets, spacing apart.Using measuring spoons of various sizesdipped in hot water, scoop remaining sorbetsplace among larger scoops. Freeze 3 hours.
- ☐ Stir 1/3 cup water and sugarin medium saucepan over medium heat untilsugar dissolves.
- ☐ Add frozen berries. Increaseheat; boil until berries are soft and liquidis slightly reduced, about 8 minutes. Pureemixture in processor. Strain through sieve setover bowl, pressing on solids; discard solids.Cover; chill until cold. DO AHEAD: Can bemade 1 day ahead. Cover torte; keep frozen.Keep lime syrup and berry sauce chilled.
- ☐ Run knife around pan sides to loosencrust. Release sides. Tuck some fresh berriesinto spaces between ice cream and sorbet.Toss remaining berries in berry sauce.
- ☐ Cuttorte into wedges.
- ☐ Drizzle lime syrup overwedges. Spoon berry mixture alongside.

Nutrition Facts



Properties

Glycemic Index:24.85, Glycemic Load:35.35, Inflammation Score:-9, Nutrition Score:22.977826159933%

Flavonoids

Cyanidin: 149.66mg, Cyanidin: 149.66mg, Cyanidin: 149.66mg, Cyanidin: 149.66mg Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg, Petunidin: 9.38mg Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg, Delphinidin: 11.15mg Malvidin: 25.65mg, Malvidin: 25.65mg, Malvidin: 25.65mg, Malvidin: 25.65mg Pelargonidin: 0.67mg, Pelargonidin: 0.67mg, Pelargonidin: 0.67mg, Pelargonidin: 0.67mg Peonidin: 0.55mg, Peonidin: 0.55mg, Peonidin: 0.55mg, Peonidin: 0.55mg Catechin: 54.49mg, Catechin: 54.49mg, Catechin: 54.49mg, Catechin: 54.49mg Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg, Epigallocatechin: 0.49mg Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg, Epicatechin: 6.86mg Epigallocatechin 3-gallate: 1.13mg, Epigallocatechin 3-gallate: 1.13mg, Epigallocatechin 3-gallate: 1.13mg, Epigallocatechin 3-gallate: 1.13mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg

Nutrients (% of daily need)

Calories: 645.84kcal (32.29%), Fat: 32.74g (50.37%), Saturated Fat: 15.52g (96.99%), Carbohydrates: 83.57g (27.86%), Net Carbohydrates: 71.98g (26.18%), Sugar: 68.29g (75.88%), Cholesterol: 86.96mg (28.99%), Sodium: 155.83mg (6.78%), Alcohol: 0.17g (100%), Alcohol %: 0.05% (100%), Protein: 9.82g (19.64%), Manganese: 1.82mg (90.82%), Vitamin C: 38.29mg (46.41%), Fiber: 11.59g (46.36%), Vitamin K: 40.42µg (38.49%), Vitamin E: 4.53mg (30.23%), Calcium: 272.64mg (27.26%), Vitamin B2: 0.46mg (26.98%), Copper: 0.52mg (26.08%), Phosphorus: 244.19mg (24.42%), Vitamin A: 1215.67IU (24.31%), Potassium: 692.76mg (19.79%), Magnesium: 76.37mg (19.09%), Folate: 64.06µg (16.01%), Vitamin B5: 1.54mg (15.37%), Zinc: 2.23mg (14.88%), Vitamin B1: 0.2mg (13.01%), Vitamin B6: 0.23mg (11.46%), Vitamin B12: 0.63µg (10.48%), Iron: 1.81mg (10.04%), Vitamin B3: 1.66mg (8.29%), Selenium: 4.05µg (5.79%), Vitamin D: 0.44µg (2.92%)