



Macadamia Ice Cream and Mango Sorbet Swirl Pie

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



505 kcal

DESSERT

Ingredients

- ☐ 8 servings coconut or shredded toasted
- ☐ 1 pint whipped cream softened
- ☐ 5 ounces ice cream cake cones
- ☐ 1 pint mango sorbet softened
- ☐ 4 tablespoons sugar divided
- ☐ 6 tablespoons butter unsalted melted ()
- ☐ 0.5 teaspoon vanilla extract

☐ 1 cup whipping cream chilled

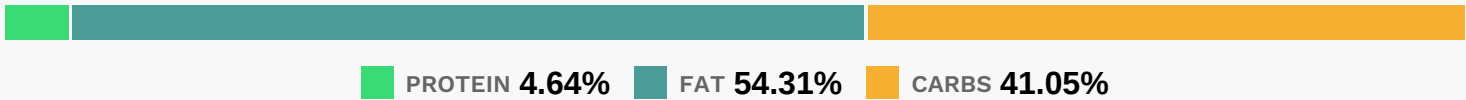
Equipment

- ☐ bowl
- ☐ hand mixer
- ☐ spatula
- ☐ pie form

Directions

- ☐ Spray 9-inch-diameter glass pie dish with nonstick spray. Using on/off turns, grind cones with 3 tablespoons sugar in processor until fine crumbs form.
- ☐ Add butter and blend until crumbs stick together. Press crumb mixture onto bottom and up sides of prepared dish. Freeze until firm, at least 30 minutes.
- ☐ Scoop ice cream into large bowl. Scoop sorbet atop ice cream. Using spatula, fold and stir ice cream and sorbet briefly to swirl (do not overmix).
- ☐ Transfer mixture to prepared pie crust. Freeze pie until filling is hard, at least 2 hours.
- ☐ Do ahead: Can be made 1 day ahead. Cover and keep frozen.
- ☐ Using electric mixer, beat chilled whipping cream, vanilla, and remaining 1 tablespoon sugar in medium bowl until peaks form.
- ☐ Spread over ice cream pie.
- ☐ Sprinkle with coconut.
- ☐ Cut pie into wedges and serve.

Nutrition Facts



Properties

Glycemic Index:17.64, Glycemic Load:12.51, Inflammation Score:-6, Nutrition Score:6.8865217333255%

Nutrients (% of daily need)

Calories: 505.32kcal (25.27%), Fat: 30.65g (47.15%), Saturated Fat: 19.44g (121.49%), Carbohydrates: 52.13g (17.38%), Net Carbohydrates: 49.16g (17.88%), Sugar: 32.36g (35.95%), Cholesterol: 82.22mg (27.41%), Sodium: 143.58mg (6.24%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 5.9g (11.79%), Vitamin A: 948.73IU (18.97%), Vitamin B2: 0.27mg (15.74%), Manganese: 0.26mg (12.88%), Fiber: 2.97g (11.88%), Phosphorus: 110.38mg (11.04%), Calcium: 103.78mg (10.38%), Folate: 37.72µg (9.43%), Potassium: 204.42mg (5.84%), Vitamin E: 0.86mg (5.71%), Selenium: 3.96µg (5.66%), Vitamin B5: 0.55mg (5.46%), Vitamin B1: 0.08mg (5.44%), Iron: 0.97mg (5.38%), Vitamin D: 0.75µg (5.01%), Vitamin B12: 0.3µg (4.94%), Copper: 0.1mg (4.94%), Zinc: 0.72mg (4.79%), Vitamin B3: 0.93mg (4.66%), Magnesium: 18.41mg (4.6%), Vitamin B6: 0.05mg (2.49%), Vitamin K: 2.2µg (2.1%), Vitamin C: 0.86mg (1.05%)