



Mile-High Turtle Ice Cream Pie

READY IN



35 min.

SERVINGS



12

CALORIES



413 kcal

DESSERT

Ingredients

- ☐ 0.8 cup mrs richardson's butterscotch caramel sauce homemade
- ☐ 1 cup mrs richardson's butterscotch caramel sauce homemade
- ☐ 1 pint ice-cream chocolate shell softened
- ☐ 2 cups chocolate cookie crumbs (40 cookies)
- ☐ 2 pints dulce de leche ice cream with häagen-dazs) divided softened
- ☐ 0.3 cup butter cooled melted
- ☐ 1.5 cups pecans divided toasted chopped
- ☐ 7 ounce whipped cream sweetened with redi whip) canned

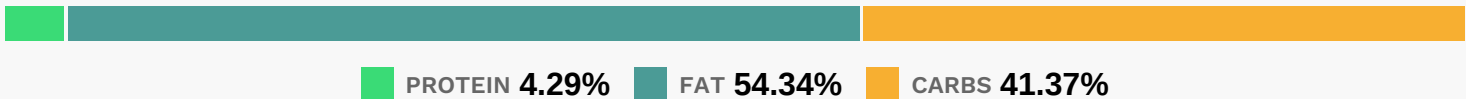
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ microwave
- ☐ springform pan

Directions

- ☐ Combine crumbs and melted butter in a small mixing bowl; stir well. Press crumbs in bottom of a 9" x 3" springform pan.
- ☐ Bake at 325 for 10 minutes. Cool completely.
- ☐ Spoon 1 pint dulce de leche ice cream into cooled crust, and spread evenly; drizzle 1/3 cup Homemade Caramel Sauce over ice cream, and sprinkle with 3/4 cup chopped pecans. Freeze 15 minutes or until ice cream is almost firm. Repeat procedure with chocolate ice cream, 1/3 cup Caramel Sauce, and remaining pecans; freeze until almost firm. Top with remaining dulce de leche ice cream and 1/3 cup Caramel Sauce. Cover and freeze 6 hours or up to 2 weeks in advance.
- ☐ Before serving, remove sides and bottom of pan; transfer pie to a serving platter. Top with sweetened whipped cream.
- ☐ Place 3/4 cup Homemade Caramel Sauce in a microwave-safe bowl. Microwave at HIGH 1 minute or until warm.
- ☐ Drizzle 1 tablespoon sauce over each serving.

Nutrition Facts



Properties

Glycemic Index:18.42, Glycemic Load:13.18, Inflammation Score:-5, Nutrition Score:7.5991304128066%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg, Epigallocatechin 3–gallate: 0.31mg

Nutrients (% of daily need)

Calories: 412.68kcal (20.63%), Fat: 26g (39.99%), Saturated Fat: 7.95g (49.69%), Carbohydrates: 44.54g (14.85%), Net Carbohydrates: 42.54g (15.47%), Sugar: 34.27g (38.07%), Cholesterol: 25.97mg (8.66%), Sodium: 247.11mg (10.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.23%), Manganese: 0.76mg (37.82%), Phosphorus: 119.59mg (11.96%), Copper: 0.23mg (11.67%), Vitamin B1: 0.17mg (11.46%), Vitamin A: 498.1IU (9.96%), Vitamin B2: 0.16mg (9.36%), Calcium: 88.96mg (8.9%), Magnesium: 33.86mg (8.47%), Fiber: 2g (7.99%), Iron: 1.22mg (6.76%), Zinc: 0.99mg (6.59%), Vitamin E: 0.98mg (6.56%), Potassium: 216.76mg (6.19%), Folate: 24.01µg (6%), Vitamin B5: 0.49mg (4.93%), Selenium: 3.2µg (4.57%), Vitamin B3: 0.81mg (4.04%), Vitamin B12: 0.23µg (3.77%), Vitamin B6: 0.07mg (3.47%), Vitamin K: 2.74µg (2.61%)