



Oatmeal Praline Ice Cream with Warm Berry Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



423 kcal

DESSERT

Ingredients

- ☐ 4 ounces blackberries fresh frozen thawed
- ☐ 4 large egg yolk
- ☐ 0.8 cup hendrick's gin
- ☐ 1.8 cups cup heavy whipping cream
- ☐ 1.5 cups oats instant (do not use)
- ☐ 2 cups raspberries fresh unsweetened frozen
- ☐ 2 tablespoons sugar

- ☐ 2 tablespoons butter unsalted ()
- ☐ 0.3 cup water
- ☐ 2.8 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ ice cream machine
- ☐ pastry brush

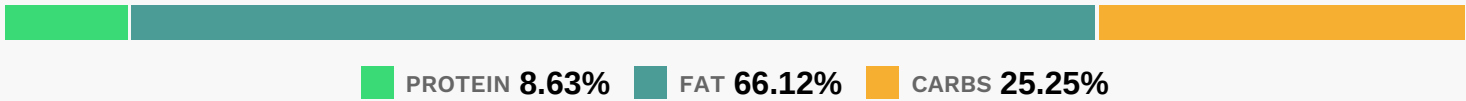
Directions

- ☐ Preheat oven to 375°F. Line rimmed baking sheet with foil.
- ☐ Spread oats out on prepared sheet.
- ☐ Bake oats until light golden, stirring occasionally, about 7 minutes. Set aside.
- ☐ Combine sugar and 1/3 cup water in heavy medium saucepan. Stir over medium heat until sugar dissolves. Increase heat and boil without stirring until deep amber color, occasionally brushing down sides of pan with wet pastry brush and swirling pan, about 7 minutes. Immediately mix in oats.
- ☐ Pour praline out onto same baking sheet. Cool completely.
- ☐ Break praline into large chunks.
- ☐ Transfer to heavy resealable plastic bag. Using mallet, pound to small pieces. (Can be made 1 day ahead. Store airtight at room temperature.)
- ☐ Combine milk, cream, sugar, and egg yolks in heavy large saucepan; whisk to blend. Stir constantly over medium heat until custard thickens enough to coat spoon thinly, about 9

minutes (do not boil).

- ☐ Pour into medium bowl. Refrigerate custard until cold, at least 2 hours. (Can be made 1 day ahead. Cover and keep refrigerated.)
- ☐ Mix 1 cup praline into custard (cover and reserve remaining praline for garnish). Freeze custard in ice cream maker according to manufacturer's instructions.
- ☐ Transfer to container, cover, and freeze. (Can be prepared 2 days ahead. Keep frozen.)
- ☐ Combine all ingredients in heavy large saucepan. Stir over medium-high heat until mixture comes to boil. Reduce heat to medium-low. Simmer until berries are tender and sauce thickens slightly, about 5 minutes. Using back of fork, coarsely mash about 3/4 of berries. (Can be made 1 day ahead. Chill uncovered until cold, then cover and keep chilled. Rewarm sauce before serving.)
- ☐ Scoop ice cream into goblets. Spoon warm sauce over.
- ☐ Sprinkle with reserved praline and serve.
- ☐ When making caramel, it's important to brush down the sides of the pan with a wet pastry brush to dislodge undissolved sugar crystals, which can ruin the caramel syrup.

Nutrition Facts



Properties

Glycemic Index:26.76, Glycemic Load:7.66, Inflammation Score:-7, Nutrition Score:12.805217431939%

Flavonoids

Cyanidin: 27.9mg, Cyanidin: 27.9mg, Cyanidin: 27.9mg, Cyanidin: 27.9mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 5.65mg, Catechin: 5.65mg, Catechin: 5.65mg, Catechin: 5.65mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg, Epicatechin: 1.72mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 422.64kcal (21.13%), Fat: 27.84g (42.82%), Saturated Fat: 16.32g (102%), Carbohydrates: 23.92g (7.97%), Net Carbohydrates: 19.68g (7.16%), Sugar: 10.77g (11.96%), Cholesterol: 168.22mg (56.07%), Sodium: 52.5mg (2.28%), Alcohol: 7.51g (100%), Alcohol %: 3.92% (100%), Protein: 8.17g (16.35%), Manganese: 0.86mg (42.86%), Vitamin A: 1151.47IU (23.03%), Phosphorus: 223.95mg (22.39%), Selenium: 12.48µg (17.83%), Vitamin B2: 0.3mg (17.64%), Fiber: 4.24g (16.95%), Calcium: 169.17mg (16.92%), Vitamin D: 2.27µg (15.11%), Vitamin C: 11.15mg (13.51%), Vitamin B12: 0.71µg (11.8%), Magnesium: 44.72mg (11.18%), Vitamin B1: 0.16mg (10.42%), Vitamin B5: 1.01mg (10.12%), Zinc: 1.43mg (9.55%), Potassium: 309.18mg (8.83%), Vitamin E: 1.31mg (8.75%), Folate: 29.31µg (7.33%), Vitamin K: 7.67µg (7.31%), Iron: 1.24mg (6.87%), Vitamin B6: 0.14mg (6.77%), Copper: 0.13mg (6.5%), Vitamin B3: 0.57mg (2.85%)