



Parfait of Dulce de Leche, Mango Puree & Almond Scented Cream

READY IN



180 min.

SERVINGS



6

CALORIES



482 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 6 servings chocolate-covered almonds
- ☐ 6 servings tuille cookies
- ☐ 6 servings sea salt to taste
- ☐ 0.5 cup sugar
- ☐ 2 tablespoon water
- ☐ 2 cup whipping cream

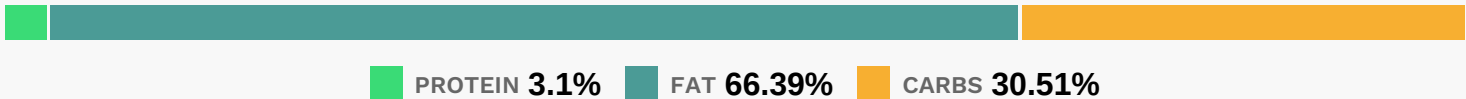
Equipment

- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ hand mixer
- ☐ roasting pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Combine mangoes, ¼-cup sugar, and water in a blender and puree until smooth. Makes about 3 cups.Make dulce de leche: Preheat the oven to 425 F.
- ☐ Pour one can (400 gr/14 ounces) of sweetened condensed milk (not evaporated milk) into a glass pie plate or shallow baking dish. Stir in a few flecks of sea salt.Set the pie plate within a larger pan, such as a roasting pan, and add hot water until it reaches halfway up the side of the pie plate.Cover the pie plate snugly with aluminum foil and bake for as long as 1 ½ hours. (Check a few times during baking and add more water to the roasting pan as necessary, it may not take the full time).Once the dulce de leche is nicely browned and caramelized, remove from the oven and let cool. Once cool, whisk until smooth.Store in the refrigerator until ready to serve. Warm gently in a warm water bath or microwave oven before using.Make the almond scented cream: Beat the cream, almond extract and remaining sugar with an electric mixer, until soft peaks for, Cover and refrigerate until ready to use.Assembly: Using a large wine glass alternate big dollops of mango puree, dulce de leche, and almond scented cream.
- ☐ Garnish with tuille cookies and chocolate covered almonds. You may also add a few chocolate covered almonds to the very bottom

Nutrition Facts



Properties

Glycemic Index:22.35, Glycemic Load:22.84, Inflammation Score:-6, Nutrition Score:5.6408695215764%

Nutrients (% of daily need)

Calories: 481.96kcal (24.1%), Fat: 36.18g (55.66%), Saturated Fat: 20.62g (128.86%), Carbohydrates: 37.41g (12.47%), Net Carbohydrates: 37.02g (13.46%), Sugar: 25.63g (28.48%), Cholesterol: 89.68mg (29.89%), Sodium: 314.83mg (13.69%), Alcohol: 0.03g (100%), Alcohol %: 0.03% (100%), Protein: 3.8g (7.6%), Vitamin A: 1191.19IU (23.82%), Vitamin B2: 0.24mg (14.23%), Vitamin E: 1.42mg (9.44%), Vitamin D: 1.27µg (8.46%), Vitamin B1: 0.12mg (7.7%), Phosphorus: 65.93mg (6.59%), Folate: 25.93µg (6.48%), Manganese: 0.13mg (6.28%), Selenium: 4.24µg (6.06%), Calcium: 57.31mg (5.73%), Vitamin K: 5.66µg (5.39%), Iron: 0.94mg (5.23%), Vitamin B3: 0.97mg (4.87%), Potassium: 105.64mg (3.02%), Vitamin B5: 0.29mg (2.9%), Magnesium: 9.99mg (2.5%), Vitamin B6: 0.05mg (2.42%), Zinc: 0.34mg (2.29%), Vitamin B12: 0.13µg (2.18%), Copper: 0.04mg (1.99%), Fiber: 0.4g (1.58%)