



Peach-Pecan Ice Cream Pie with Caramel Sauce

READY IN



45 min.

SERVINGS



12

CALORIES



949 kcal

DESSERT

Ingredients

- ☐ 2 quarts peach ice cream softened (or 4 pints)
- ☐ 1 cup pecan halves toasted ()
- ☐ 4 ounces pecans toasted coarsely chopped
- ☐ 2.5 cups pecan shortbread cookies crushed finely (such as Pecan Sandies; 11 ounces)
- ☐ 2 cups sugar
- ☐ 0.3 cup butter unsalted melted ()
- ☐ 0.8 teaspoon vanilla extract
- ☐ 0.5 cup water

- ☐ 1.3 cups whipping cream

Equipment

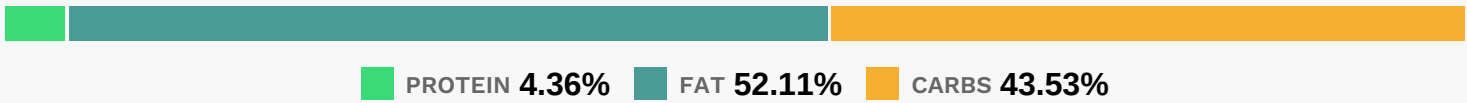
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ springform pan
- ☐ pastry brush

Directions

- ☐ Preheat oven to 325°F. Butter 9-inch-diameter springform pan with 2 3/4-inch-high sides.
- ☐ Mix cookie crumbs and melted butter in medium bowl until crumbs are evenly moistened. Press crumb mixture firmly onto bottom and 1 inch up sides of prepared pan.
- ☐ Bake until crust is set and pale golden, about 15 minutes. Cool completely.
- ☐ Combine sugar and 1/2 cup water in heavy medium saucepan. Stir over medium-low heat until sugar dissolves. Increase heat to medium-high; boil without stirring until syrup is deep amber color, occasionally brushing down sides of pan with wet pastry brush and swirling pan, about 8 minutes.
- ☐ Remove from heat. Gradually add cream (mixture will bubble vigorously). Stir over low heat until any caramel bits dissolve and sauce is smooth, about 1 minute. Stir in vanilla.
- ☐ Let stand until cool but still pourable, about 1 hour.
- ☐ Drizzle 1/4 cup cooled caramel sauce over bottom of crust. Freeze until caramel sets, about 10 minutes.
- ☐ Spread 1 quart ice cream over caramel in crust.
- ☐ Sprinkle chopped pecans over ice cream.
- ☐ Drizzle 1/2 cup caramel sauce over ice cream. Freeze until caramel sets, about 10 minutes.
- ☐ Spread remaining ice cream over. Freeze until top of pie is firm, about 1 hour.
- ☐ Arrange pecan halves in 3 concentric circles around top of pie.

- ☐ Drizzle 1/4 cup caramel sauce over pie. Freeze pie until frozen solid, at least 4 hours. (Can be prepared 5 days ahead. Cover tightly with foil; keep frozen. Cover and chill remaining caramel sauce.)
- ☐ Rewarm remaining caramel sauce over low heat, stirring often.
- ☐ Cut around pan sides to loosen pie.
- ☐ Let pie soften slightly at room temperature, about 10 minutes.
- ☐ Remove pan sides.
- ☐ Serve pie with warm caramel sauce.

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:65.09, Inflammation Score:-7, Nutrition Score:15.719130370928%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Delphinidin: 1.29mg, Delphinidin: 1.29mg, Delphinidin: 1.29mg, Delphinidin: 1.29mg Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg, Epigallocatechin: 1mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg

Nutrients (% of daily need)

Calories: 949.4kcal (47.47%), Fat: 55.9g (86%), Saturated Fat: 23.93g (149.55%), Carbohydrates: 105.07g (35.02%), Net Carbohydrates: 101.62g (36.95%), Sugar: 78.81g (87.57%), Cholesterol: 107.58mg (35.86%), Sodium: 308.23mg (13.4%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 10.53g (21.07%), Manganese: 1.02mg (51.12%), Vitamin B2: 0.61mg (35.95%), Phosphorus: 262.7mg (26.27%), Vitamin B1: 0.36mg (24.05%), Vitamin A: 1198.94IU (23.98%), Calcium: 238.84mg (23.88%), Vitamin E: 2.26mg (15.08%), Copper: 0.3mg (15.03%), Zinc: 2.2mg (14.67%), Fiber: 3.44g (13.78%), Folate: 52.84µg (13.21%), Magnesium: 52.36mg (13.09%), Potassium: 455.54mg (13.02%), Vitamin B5: 1.29mg (12.86%), Iron: 2.1mg (11.67%), Vitamin B12: 0.66µg (11.05%), Selenium: 7.56µg (10.8%), Vitamin B3: 2.03mg (10.13%), Vitamin B6: 0.16mg (7.84%), Vitamin K: 7.64µg (7.28%), Vitamin D: 0.78µg (5.22%), Vitamin C: 1.29mg (1.56%)