



Praline-Chocolate Bombe

READY IN



15 min.

SERVINGS



10

CALORIES



386 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 cups praline and caramel ice cream low-fat softened
- 1 cup gingersnap cookie crumbs reduced-fat (25 cookies)
- 2 tablespoons butter melted reduced-calorie
- 2.8 ounces commercial brownies fat-free cut into cubes
- 0.5 cup praline liqueur
- 0.3 cup pecans toasted finely chopped
- 0.3 cup syrup fat-free caramel-flavored

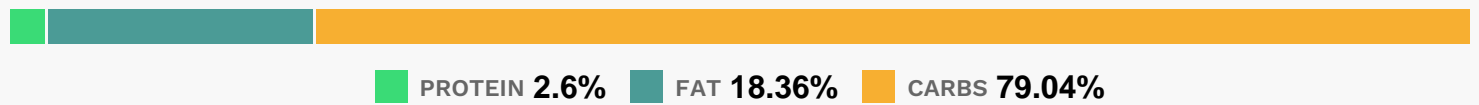
Equipment

- bowl
- plastic wrap

Directions

- Line a 1 1/2-quart bowl with heavy-duty plastic wrap.
- Combine crumbs and margarine; press into bottom and up sides of bowl, leaving a 1-inch space around top of bowl.
- Combine ice cream and next 3 ingredients; spoon into bowl. Cover and freeze at least 8 hours.
- To serve, let stand at room temperature 5 minutes. Invert onto a serving plate; remove bowl and plastic wrap.
- Cut into wedges.
- Drizzle 1 tablespoon liqueur over each wedge.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:4.01, Inflammation Score:-2, Nutrition Score:2.6165217135264%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.2mg, Delphinidin: 0.2mg,
 Delphinidin: 0.2mg, Delphinidin: 0.2mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg
 Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg
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 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate:
 0.06mg

Nutrients (% of daily need)

Calories: 385.86kcal (19.29%), Fat: 7.78g (11.97%), Saturated Fat: 1.65g (10.31%), Carbohydrates: 75.36g (25.12%),
 Net Carbohydrates: 74.96g (27.26%), Sugar: 67.34g (74.82%), Cholesterol: 0mg (0%), Sodium: 398.79mg (17.34%),
 Alcohol: 4.77g (100%), Alcohol %: 4.51% (100%), Protein: 2.48g (4.97%), Manganese: 0.21mg (10.53%), Calcium:
 54.03mg (5.4%), Phosphorus: 50.05mg (5%), Vitamin A: 191.64IU (3.83%), Vitamin B1: 0.05mg (3.57%), Iron:
 0.59mg (3.26%), Vitamin B12: 0.17µg (2.76%), Vitamin E: 0.41mg (2.76%), Selenium: 1.9µg (2.71%), Folate: 10.54µg

(2.63%), Magnesium: 9.3mg (2.33%), Potassium: 80.81mg (2.31%), Vitamin B2: 0.04mg (2.12%), Copper: 0.04mg (2.08%), Vitamin B5: 0.2mg (1.99%), Vitamin B3: 0.36mg (1.8%), Fiber: 0.39g (1.57%), Zinc: 0.17mg (1.15%), Vitamin K: 1.2µg (1.14%)