

# Prune Sherry Ice Cream with Burnt Sugar Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



632 kcal

DESSERT

## Ingredients

- 0.5 cup almonds toasted sliced
- 1 tablespoon cornstarch
- 0.3 cup sherry dry
- 3 large egg yolk
- 1.5 cups cup heavy whipping cream
- 2 cups milk
- 1 cup prune- cut to pieces pitted

- 1.7 cups sugar
- 1 large eggs whole

## Equipment

- food processor
- bowl
- frying pan
- sauce pan
- whisk
- sieve
- plastic wrap
- loaf pan

## Directions

- In a saucepan combine the prunes and 1 cup water, bring the water to a boil, and simmer the prunes for 15 to 20 minutes, or until they are very soft.
- Add the Sherry, simmer the mixture for 1 minute, and let it cool. In a food processor purée the mixture coarse.
- In a bowl whisk together  $\frac{2}{3}$  cup of the sugar, the cornstarch, the whole egg, and the yolks and add the milk, scalded, in a stream, whisking. In a heavy saucepan bring the mixture to a boil over moderate heat, whisking, and boil it, whisking constantly, for 2 minutes. Strain the custard through a fine sieve into a metal bowl set in a large bowl of ice and cold water and add the prune mixture and the cream. Stir the custard mixture until it is cold and freeze it in an ice-cream freezer according to the manufacturer's instructions. Line a metal loaf pan, 9 by 5 by 3 inches, with plastic wrap, spoon the ice cream into it, and freeze the ice cream, the top smoothed and the surface covered with plastic wrap, for at least 8 hours or overnight. The ice cream may be made 1 week in advance.
- In a dry large deep heavy skillet cook the remaining 1 cup sugar over moderately low heat, undisturbed, until it is melted, increase the heat to moderate, and cook the sugar, swirling the skillet occasionally, until it turns a deep caramel.
- Remove the skillet from the heat, pour 1 cup hot water carefully into the side of the skillet, and boil the burnt sugar sauce, stirring, until it is syrupy and reduced to about  $\frac{3}{4}$  cup. The sauce

may be made 1 week in advance and kept covered and chilled. Unmold the ice cream and serve it, sliced, with the sauce, warm or at room temperature, and sprinkled with the almonds.

## Nutrition Facts

PROTEIN 5.57% FAT 43.35% CARBS 51.08%

### Properties

Glycemic Index:27.02, Glycemic Load:45.11, Inflammation Score:-7, Nutrition Score:12.776956563411%

### Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

### Nutrients (% of daily need)

Calories: 631.55kcal (31.58%), Fat: 31.24g (48.06%), Saturated Fat: 16.59g (103.67%), Carbohydrates: 82.85g (27.62%), Net Carbohydrates: 79.82g (29.03%), Sugar: 72.65g (80.72%), Cholesterol: 199.79mg (66.6%), Sodium: 64.72mg (2.81%), Alcohol: 1.03g (100%), Alcohol %: 0.5% (100%), Protein: 9.03g (18.05%), Vitamin A: 1400.55IU (28.01%), Vitamin B2: 0.46mg (27.09%), Phosphorus: 225.17mg (22.52%), Vitamin E: 2.98mg (19.88%), Calcium: 189.52mg (18.95%), Vitamin K: 19.53µg (18.6%), Vitamin D: 2.47µg (16.48%), Selenium: 11.43µg (16.33%), Manganese: 0.29mg (14.37%), Potassium: 476.02mg (13.6%), Vitamin B12: 0.77µg (12.91%), Magnesium: 48.98mg (12.24%), Fiber: 3.03g (12.12%), Vitamin B5: 1mg (10%), Vitamin B6: 0.19mg (9.47%), Copper: 0.19mg (9.27%), Zinc: 1.16mg (7.76%), Vitamin B1: 0.11mg (7.12%), Iron: 1.05mg (5.85%), Folate: 23.34µg (5.83%), Vitamin B3: 0.97mg (4.83%)