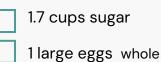


- 0.5 cup almonds toasted sliced
- 1 tablespoon cornstarch
- 0.3 cup sherry dry
- 3 large egg yolk
- 1.5 cups cup heavy whipping cream
- 2 cups milk
- 1 cup prune- cut to pieces pitted



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 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 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, 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%)