



Raspberry-Pistachio Ice Cream Pie with Almond Praline

READY IN



45 min.

SERVINGS



10

CALORIES



455 kcal

DESSERT

Ingredients

- 1.5 cups amaretti cookies italian crushed finely (macaroons; 7 ounces)
- 0.8 cup blanched slivered almonds
- 2 pints whipped cream softened
- 1 pint raspberries softened
- 0.8 cup sugar
- 5 tablespoons butter unsalted melted

Equipment

- bowl
- frying pan
- baking sheet
- oven
- wooden spoon
- aluminum foil
- pie form

Directions

- Preheat oven to 325°F. Butter 9-inch-diameter glass pie dish.
- Mix cookie crumbs and melted butter in medium bowl until evenly moistened. Press crumb mixture onto bottom and up sides of prepared dish.
- Bake until crust is firm and crisp to touch, about 10 minutes. Cool completely.
- Line baking sheet with foil; oil lightly. Stir sugar in heavy medium skillet over medium-low heat until sugar begins to melt, about 8 minutes. Increase heat to medium-high and cook until sugar turns into deep golden syrup, stirring occasionally, about 4 minutes. Stir in almonds. Immediately pour praline onto foil-lined baking sheet; spread with wooden spoon.
- Let stand until praline is cool and firm, about 30 minutes.
- Cut praline into 1/2-inch pieces.
- Transfer half of praline pieces to processor; grind until powder forms. Reserve remaining praline pieces for topping.
- Spread 1 pint pistachio ice cream gently and evenly in cooled crust (crust is fragile).
- Sprinkle 1/4 cup praline powder over.
- Spread raspberry gelato evenly over.
- Sprinkle remaining praline powder over. Leaving 1 inch border of raspberry gelato showing, spread remaining pistachio ice cream over top of pie, mounding slightly in center.
- Sprinkle reserved praline pieces over top. Freeze until firm, at least 4 hours. (Can be made 5 days ahead. Cover tightly; keep frozen.)
- Let pie soften slightly at room temperature, about 5 minutes.
- Serve pie with Raspberry Sauce, if desired.

*Available at Italian markets and some supermarkets.

Nutrition Facts

PROTEIN 6.52% **FAT 41.61%** **CARBS 51.87%**

Properties

Glycemic Index:15.71, Glycemic Load:24.36, Inflammation Score:-5, Nutrition Score:9.5504348589026%

Flavonoids

Cyanidin: 21.66mg, Cyanidin: 21.66mg, Cyanidin: 21.66mg, Cyanidin: 21.66mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg, Delphinidin: 0.62mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 454.98kcal (22.75%), Fat: 21.68g (33.36%), Saturated Fat: 10.47g (65.45%), Carbohydrates: 60.81g (20.27%), Net Carbohydrates: 55.61g (20.22%), Sugar: 51.27g (56.97%), Cholesterol: 56.69mg (18.9%), Sodium: 131.14mg (5.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.64g (15.28%), Manganese: 0.47mg (23.71%), Fiber: 5.2g (20.78%), Vitamin E: 2.78mg (18.54%), Vitamin B2: 0.31mg (18.11%), Vitamin C: 12.97mg (15.72%), Calcium: 153.91mg (15.39%), Phosphorus: 153.73mg (15.37%), Vitamin A: 589.53IU (11.79%), Magnesium: 45.51mg (11.38%), Potassium: 315.13mg (9%), Copper: 0.15mg (7.49%), Vitamin B5: 0.74mg (7.39%), Zinc: 1.1mg (7.33%), Vitamin B12: 0.38µg (6.35%), Iron: 0.92mg (5.12%), Folate: 18.85µg (4.71%), Vitamin B1: 0.07mg (4.65%), Vitamin K: 4.46µg (4.25%), Vitamin B6: 0.08mg (4.05%), Vitamin B3: 0.68mg (3.4%), Selenium: 2.22µg (3.17%), Vitamin D: 0.29µg (1.96%)