



Rocky Road Sundaes

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



1044 kcal

DESSERT

Ingredients

- ☐ 1 cup unblanched almonds whole toasted coarsely chopped
- ☐ 0.5 cup plus light
- ☐ 0.8 teaspoon cornstarch
- ☐ 1 large egg yolk
- ☐ 3 large egg yolks
- ☐ 3.8 teaspoons gelatin powder unflavored
- ☐ 6 ounces chocolate chopped
- ☐ 0.1 teaspoon salt

- ☐ 4 ounces bittersweet chocolate chopped
- ☐ 1 cup sugar
- ☐ 1.5 cups coconut or sweetened cooled divided flaked toasted
- ☐ 2 tablespoons butter unsalted
- ☐ 1 cup coconut milk unsweetened canned
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 6 servings whipped cream
- ☐ 1 cup whipping cream
- ☐ 1 cup milk whole

Equipment

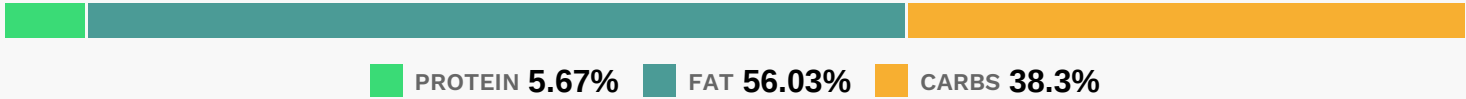
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ice cream machine
- ☐ pastry brush
- ☐ candy thermometer

Directions

- ☐ Stir first 5 ingredients in heavy medium saucepan over medium-low heat until smooth.
- ☐ Whisk yolk in medium bowl. Gradually whisk half of chocolate mixture into yolk. Return to same pan. Stir until sauce registers 140°F and maintains temperature for 3 minutes, about 6 minutes total.

- ☐ Transfer to bowl. (Can be made 3 days ahead. Cover; chill. Rewarm over low heat before serving.)
- ☐ Whisk yolks in bowl. Bring cream, milk, sugar, and salt to boil in heavy medium saucepan over medium heat, stirring until sugar dissolves.
- ☐ Whisk cream mixture into yolks; return to pan. Stir over medium heat until custard thickens enough to coat spoon, about 2 minutes (do not boil).
- ☐ Remove from heat.
- ☐ Add chocolate; whisk to melt.
- ☐ Mix in coconut milk. Cool 1 hour.
- ☐ Process custard in ice cream maker according to manufacturer's instructions. Cover; freeze overnight.
- ☐ Place 1/3 cup water in small bowl.
- ☐ Sprinkle gelatin over.
- ☐ Let stand until gelatin softens, about 25 minutes, pushing any opaque gelatin under surface to hydrate.
- ☐ Sprinkle half of coconut in 8x8x2-inch pan.
- ☐ Stir sugar, corn syrup, and 1/4 cup water in heavy small saucepan over medium heat until sugar dissolves, brushing down sides of pan often with wet pastry brush. Attach candy thermometer to side of pan. Increase heat to high. Boil without stirring until thermometer registers 238°F, about 4 1/2 minutes.
- ☐ Remove from heat.
- ☐ Add gelatin; stir until dissolved.
- ☐ Transfer to bowl of heavy-duty mixer. Beat on high speed 4 minutes to cool slightly.
- ☐ Add cornstarch and vanilla. Beat 30 seconds. Fold in almonds and chocolate. Spoon into prepared pan; spread evenly.
- ☐ Sprinkle remaining coconut over. Cool. (Can be made 3 days ahead. Cover with foil; store at room temperature.)
- ☐ Cut into 25 squares.
- ☐ Scoop ice cream into dishes. Top ice cream with fudge sauce, whipped cream, and marshmallows.
- ☐ *Available at Indian and Latin American markets and many supermarkets.

Nutrition Facts



Properties

Glycemic Index:39.12, Glycemic Load:35.4, Inflammation Score:-7, Nutrition Score:22.458696049193%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg, Isorhamnetin: 0.63mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 1043.74kcal (52.19%), Fat: 68.21g (104.94%), Saturated Fat: 39g (243.77%), Carbohydrates: 104.88g (34.96%), Net Carbohydrates: 95.84g (34.85%), Sugar: 90.52g (100.58%), Cholesterol: 187.83mg (62.61%), Sodium: 177.67mg (7.72%), Alcohol: 0.11g (100%), Alcohol %: 0.05% (100%), Caffeine: 34.96mg (11.65%), Protein: 15.53g (31.06%), Manganese: 1.52mg (75.94%), Vitamin E: 7.17mg (47.81%), Copper: 0.89mg (44.32%), Magnesium: 165.24mg (41.31%), Phosphorus: 382.47mg (38.25%), Fiber: 9.04g (36.15%), Vitamin B2: 0.56mg (32.98%), Selenium: 19.09µg (27.28%), Iron: 4.24mg (23.54%), Vitamin A: 979.81IU (19.6%), Calcium: 195.14mg (19.51%), Potassium: 668.82mg (19.11%), Zinc: 2.77mg (18.47%), Vitamin D: 1.79µg (11.92%), Vitamin B1: 0.14mg (9.65%), Vitamin B12: 0.56µg (9.39%), Folate: 37.58µg (9.39%), Vitamin B5: 0.91mg (9.1%), Vitamin B3: 1.74mg (8.72%), Vitamin B6: 0.15mg (7.6%), Vitamin K: 5.1µg (4.86%), Vitamin C: 1.36mg (1.65%)