



Salted Caramel Peanut-Butter Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



196 kcal

DESSERT

Ingredients

- 0.5 cup mrs richardson's butterscotch caramel sauce jarred
- 0.8 cup crunchy peanut butter at room temperature (see Notes)
- 1 cup milk
- 0.5 teaspoon salt
- 0.8 cup sugar
- 1.5 teaspoons vanilla extract
- 1.3 cups whipping cream

Equipment

- bowl
- sauce pan
- whisk
- microwave
- ice cream machine

Directions

- In a small saucepan or microwave-safe container, heat caramel sauce until warm but not boiling, about 1 minute over medium heat or 20 seconds in the microwave on full power (100%).
- Add salt and stir to combine. Set aside.
- In a medium bowl, whisk together peanut butter, sugar, cream, milk, and vanilla until peanut butter is mostly dissolved.
- Let sit 5 minutes, or until sugar is dissolved, then whisk again.
- Pour into an ice cream maker and churn according to manufacturer's directions.
- Add salted caramel for the last 10 seconds of churning.
- Transfer to an airtight, freezer-safe container and freeze at least 8 hours and up to 24, depending on how firm you would like the ice cream to be.

Nutrition Facts

PROTEIN 7.87% **FAT 58.38%** **CARBS 33.75%**

Properties

Glycemic Index:6.76, Glycemic Load:6.82, Inflammation Score:-3, Nutrition Score:3.8186956644058%

Nutrients (% of daily need)

Calories: 196.03kcal (9.8%), Fat: 13.27g (20.42%), Saturated Fat: 5.48g (34.25%), Carbohydrates: 17.26g (5.75%), Net Carbohydrates: 16.29g (5.92%), Sugar: 15.72g (17.47%), Cholesterol: 22.84mg (7.61%), Sodium: 166.47mg (7.24%), Alcohol: 0.13g (100%), Alcohol %: 0.26% (100%), Protein: 4.02g (8.05%), Manganese: 0.22mg (11.17%), Vitamin B3: 1.69mg (8.43%), Phosphorus: 67.54mg (6.75%), Vitamin E: 0.94mg (6.29%), Vitamin A: 304.39IU (6.09%), Magnesium: 22.88mg (5.72%), Vitamin B2: 0.07mg (4.21%), Calcium: 40.11mg (4.01%), Potassium: 136.06mg (3.89%), Fiber: 0.97g (3.87%), Copper: 0.07mg (3.65%), Vitamin B6: 0.07mg (3.32%), Vitamin D: 0.47µg (3.1%), Folate: 12.01µg (3%), Zinc: 0.45mg (2.97%), Selenium: 1.99µg (2.84%), Vitamin B5: 0.25mg (2.51%), Vitamin

B12: 0.12µg (2.08%), Vitamin B1: 0.03mg (1.67%), Iron: 0.25mg (1.41%)