



## Salted-Caramel Semifreddo with Hot Fudge



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



225 kcal

DESSERT

### Ingredients

- ☐ 3 tablespoons mrs richardson's butterscotch caramel sauce
- ☐ 2 teaspoons plus light
- ☐ 2 ounces chocolate dark
- ☐ 3 egg whites
- ☐ 5 tablespoons half and half
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons sugar divided

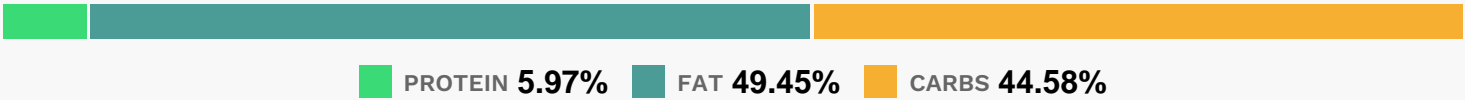
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ microwave

## Directions

- ☐ In a bowl, beat whipping cream until soft peaks form, 2 to 3 minutes. In a second bowl, beat egg whites, adding sugar 1 tablespoon at a time, until fluffy and glossy, 3 to 4 minutes. In a microwave-safe bowl, stir together caramel sauce and salt; nuke until warm, 15 to 30 seconds. Gently fold whipped cream and caramel sauce into egg-white mixture; cover and freeze until solid, 4 to 6 hours. In a small saucepan over low heat, heat half-and-half, chocolate and corn syrup, stirring, until smooth and viscous, 2 to 3 minutes. Divide semifreddo and hot fudge among 6 bowls.
- ☐ Self

## Nutrition Facts



## Properties

Glycemic Index:18.68, Glycemic Load:9.62, Inflammation Score:-3, Nutrition Score:3.7547825898813%

## Nutrients (% of daily need)

Calories: 225.35kcal (11.27%), Fat: 12.7g (19.53%), Saturated Fat: 7.75g (48.47%), Carbohydrates: 25.76g (8.59%), Net Carbohydrates: 24.73g (8.99%), Sugar: 23.7g (26.34%), Cholesterol: 27.07mg (9.02%), Sodium: 172.95mg (7.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.56mg (2.52%), Protein: 3.45g (6.89%), Manganese: 0.19mg (9.59%), Copper: 0.17mg (8.73%), Vitamin B2: 0.14mg (8.06%), Vitamin A: 348.49IU (6.97%), Selenium: 4.86µg (6.95%), Magnesium: 26.37mg (6.59%), Iron: 1.17mg (6.5%), Phosphorus: 58.63mg (5.86%), Fiber: 1.03g (4.12%), Calcium: 39.93mg (3.99%), Potassium: 134.25mg (3.84%), Zinc: 0.43mg (2.87%), Vitamin D: 0.32µg (2.12%), Vitamin B12: 0.11µg (1.89%), Vitamin E: 0.27mg (1.83%), Vitamin B5: 0.17mg (1.71%), Vitamin K: 1.49µg (1.42%)