



## Semi-freddo Cookies and Cream with Salted Caramel

READY IN



90 min.

SERVINGS



4

CALORIES



1261 kcal

DESSERT

### Ingredients

- 0.5 stick butter
- 0.3 cup confectioners' sugar
- 15 gingersnap cookies
- 4 cups heavy cream
- 2 teaspoons kosher salt
- 2 tablespoons pomegranate molasses
- 1 cup sugar
- 0.3 cup water

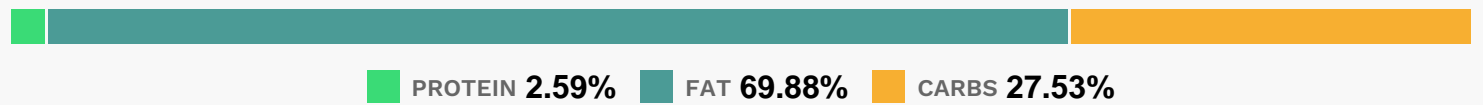
## Equipment

- sauce pan
- knife
- ramekin
- ziploc bags
- spatula
- rolling pin

## Directions

- Begin by whipping cream with confectioners' sugar until you get soft peaks.
- Add pomegranate molasses and stir 2 times gently to combine and just streak the pomegranate through the cream.
- Take a large plastic bag and using a wooden rolling pin, smash the gingersnaps into rough pieces. To assemble, take a ramekin and add a layer of gingersnaps first, followed by cream, gingersnaps and finally cream again. Use an off-set spatula or the back of a knife to flatten the tops. Set in the freezer for 45 to 60 minutes to freeze. Run a knife around the edges when set and invert onto a plate.
- Make the caramel sauce by adding sugar and water to a small saucepan and set over medium-high heat. Once the sugar has dissolved and the caramel reaches a dark amber stage, add butter and salt and swirl to combine.
- Remove from heat and drizzle over semi-freddo cookies and cream.

## Nutrition Facts



## Properties

Glycemic Index:30.02, Glycemic Load:34.91, Inflammation Score:-9, Nutrition Score:13.533913031868%

## Nutrients (% of daily need)

Calories: 1261.35kcal (63.07%), Fat: 100.11g (154.01%), Saturated Fat: 62.64g (391.52%), Carbohydrates: 88.74g (29.58%), Net Carbohydrates: 88.16g (32.06%), Sugar: 72.92g (81.02%), Cholesterol: 299.31mg (99.77%), Sodium:

1464.9mg (63.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.35g (16.7%), Vitamin A: 3852.1IU (77.04%), Vitamin B2: 0.54mg (31.77%), Vitamin D: 3.81µg (25.39%), Manganese: 0.42mg (20.79%), Vitamin E: 2.77mg (18.48%), Calcium: 182.42mg (18.24%), Phosphorus: 163.22mg (16.32%), Selenium: 8.97µg (12.81%), Iron: 1.96mg (10.89%), Potassium: 321.7mg (9.19%), Vitamin K: 9.26µg (8.82%), Folate: 32.78µg (8.2%), Magnesium: 29.98mg (7.5%), Vitamin B5: 0.72mg (7.22%), Vitamin B12: 0.4µg (6.75%), Vitamin B1: 0.1mg (6.72%), Copper: 0.11mg (5.68%), Vitamin B6: 0.11mg (5.47%), Vitamin B3: 1.01mg (5.04%), Zinc: 0.74mg (4.92%), Fiber: 0.58g (2.31%), Vitamin C: 1.43mg (1.73%)