



Small Batch Buster Bar Dessert

 Gluten Free

READY IN



490 min.

SERVINGS



4

CALORIES



752 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon regular butter salted
- ☐ 7 ounces eagle brand condensed milk canned ()
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- ☐ 0.5 cup chocolate chips dark
- ☐ 1 cup heavy whipping cream
- ☐ 2 tablespoons milk
- ☐ 0.3 cup roasted peanuts dry salted
- ☐ 1 teaspoon vanilla

- ☐ 1.5 teaspoons vanilla extract
- ☐ 9 ground into crumbs crushed
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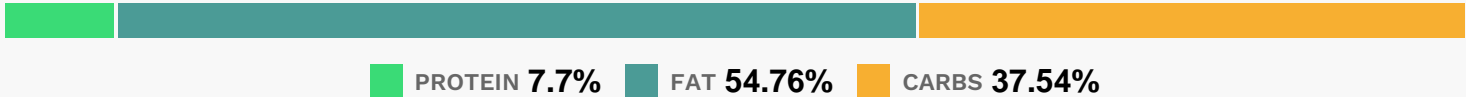
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ mixing bowl
- ☐ plastic wrap
- ☐ loaf pan
- ☐ hand mixer

Directions

- ☐ Line the inside of a 9×5 or an 8 1/2 x 4 1/2 inch loaf pan with plastic wrap making sure it covers the bottom and goes all the way up the sides. I like Press & Seal brand. In a mixing bowl, combine the crushed Oreos and melted butter. Press into bottom of the lined pan and chill while you make the ice cream. To make the ice cream, put 1 cup of the cream in a deep bowl and beat with a handheld electric mixer until stiff peaks form. In a second bowl, mix together the remaining 2 tablespoons of cream, 2 tablespoons of milk, half can of condensed milk and vanilla extract. Fold in the whipped cream.
- ☐ Pour about half to two thirds of the ice cream mixture over crumb crust and put in the freezer for four hours or until firm. You'll have extra ice cream mixture, so you can put that in a little container and freeze it for another day. Prepare the fudge sauce.
- ☐ Combine remaining half can (2/3 cup) condensed milk and chocolate chips in a small saucepan; heat over medium, stirring constantly, until chips are melted.
- ☐ Remove from heat and stir in butter, water and vanilla extract.
- ☐ Let cool to room temperature. When fudge sauce is cool and the ice cream that you've spread over the crust is firm, sprinkle peanuts over ice cream, pressing them down slightly.
- ☐ Spread some (or all!) of the cooled chocolate sauce over the peanuts. Return to the freezer and freeze for another 4 to 6 more hours or until very firm. When ready to serve, lift from the pan by grasping the plastic wrap and pulling the cake out of the loaf. Peel off the plastic wrap and cut the loaf into four to six servings.

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:33.06, Inflammation Score:-7, Nutrition Score:14.587826055029%

Nutrients (% of daily need)

Calories: 752.48kcal (37.62%), Fat: 46.47g (71.49%), Saturated Fat: 28.56g (178.51%), Carbohydrates: 71.67g (23.89%), Net Carbohydrates: 69.76g (25.37%), Sugar: 64.68g (71.87%), Cholesterol: 109.62mg (36.54%), Sodium: 242.98mg (10.56%), Alcohol: 0.86g (100%), Alcohol %: 0.53% (100%), Protein: 14.7g (29.4%), Calcium: 406.83mg (40.68%), Phosphorus: 367.84mg (36.78%), Vitamin B2: 0.6mg (35.48%), Selenium: 18.98µg (27.11%), Vitamin A: 1241.44IU (24.83%), Potassium: 662.11mg (18.92%), Magnesium: 61.58mg (15.4%), Manganese: 0.3mg (15.22%), Zinc: 2.25mg (15.02%), Vitamin B5: 1.27mg (12.72%), Vitamin E: 1.76mg (11.74%), Vitamin B3: 2.3mg (11.5%), Vitamin B12: 0.64µg (10.69%), Vitamin B1: 0.15mg (9.82%), Vitamin D: 1.23µg (8.22%), Vitamin B6: 0.16mg (8.21%), Fiber: 1.9g (7.62%), Folate: 30.25µg (7.56%), Copper: 0.12mg (5.9%), Vitamin K: 4.5µg (4.29%), Iron: 0.74mg (4.11%), Vitamin C: 3.05mg (3.7%)