



Stout-Caramel Ice Cream Sundaes

READY IN



150 min.

SERVINGS



6

CALORIES



602 kcal

DESSERT

Ingredients

- ☐ 12 oz porter
- ☐ 2 tablespoons butter unsalted
- ☐ 1.5 cups t brown sugar dark packed
- ☐ 1 cup whipping cream
- ☐ 1 teaspoon vanilla
- ☐ 0.1 teaspoon salt
- ☐ 6 scoops whipped cream
- ☐ 0.5 cup walnut pieces coarsely chopped
- ☐ 1 serving whipped cream (from aerosol can)

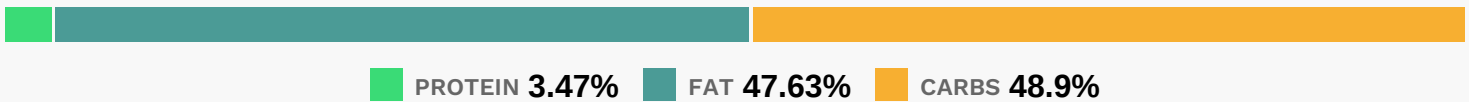
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ candy thermometer

Directions

- ☐ In large saucepan, simmer beer over medium heat 10 minutes, stirring occasionally. Stir in butter and brown sugar. Cook about 12 minutes, without stirring, to 234-235°F on candy thermometer (mixture will look syrupy).
- ☐ Remove from heat. Slowly add whipping cream, vanilla and salt, stirring constantly. Return to medium heat; cook 3 to 5 minutes, stirring occasionally, until thickened and creamy. Cool 2 hours.
- ☐ To serve, scoop ice cream into 6 glasses or bowls. Top with walnuts and whipped cream topping.
- ☐ Drizzle with caramel sauce. Refrigerate any remaining caramel sauce.

Nutrition Facts



Properties

Glycemic Index:22.67, Glycemic Load:9.42, Inflammation Score:-6, Nutrition Score:7.406521696114%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 602.16kcal (30.11%), Fat: 31.94g (49.15%), Saturated Fat: 16.74g (104.61%), Carbohydrates: 73.79g (24.6%), Net Carbohydrates: 72.67g (26.43%), Sugar: 68.92g (76.58%), Cholesterol: 84.66mg (28.22%), Sodium: 128.21mg (5.57%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Protein: 5.24g (10.49%), Vitamin A: 986.38IU (19.73%), Manganese: 0.38mg (18.78%), Calcium: 168.1mg (16.81%), Vitamin B2: 0.25mg (14.73%), Phosphorus: 130.29mg (13.03%), Copper: 0.2mg (10.09%), Potassium: 288.76mg (8.25%), Magnesium: 32.66mg (8.16%), Vitamin B5: 0.62mg (6.21%), Vitamin B6: 0.12mg (6.06%), Zinc: 0.88mg (5.85%), Vitamin D: 0.84µg (5.6%), Vitamin B12: 0.33µg (5.53%), Selenium: 3.58µg (5.11%), Vitamin E: 0.75mg (4.97%), Vitamin B1: 0.07mg (4.59%), Fiber: 1.12g (4.46%), Iron: 0.78mg (4.31%), Folate: 15.16µg (3.79%), Vitamin K: 2.08µg (1.98%), Vitamin B3: 0.28mg (1.39%)